

Community Youth CENTER

www.chulavistaca.gov/rec


Jimmy Tollefson, Recreation Supervisor II • 465 L Street (619) 691-5276

Monday & Wednesday: 3 - 7 pm • Tuesday & Thursday: 3 - 8:30 pm • Friday: 3 - 6 pm • Saturday: 12 - 4 pm • Sunday: Closed

Feelin' Good Mileage Club ★

Get a prize when certain goals are met. Pre-register. FREE!
#9330.485 Monday - Friday, 4 - 6 pm

Sports Clinics ★

A new sport clinic each week. Pre-register. FREE!
#9330.486 Wednesdays, 5:15 - 6 pm

NFL Pepsi Punt, Pass & Kick Ages 8 - 15

Thousands of participants around the country will be competing! Top winners will compete regionally. Pre-register by Sept. 26. Birth certificate copy is required. No cleats during competition. FREE! Event is Friday, September 28 at 5:30 pm

#9330.481 (Ages 8-9) #9330.482 (Ages 10 & 11)

#9330.483 (Ages 12-13) #9330.484 (Ages 14 & 15)

Field Day Ages 7 - 15

Come compete in several field events, from the long jump to the 40-yard dash. Prizes will be given out. Pre-register. FREE!
#9330.487 Friday, Oct 19, 3:30 - 5:30 pm

Game Room Challenge Ages 7 - 15

Are you the game room champ? Compete in tournaments--billiards, air hockey and much more! Pre-register. FREE!
#9330.488 Friday, Nov 16, 3:30 - 5:30 pm

Holiday Hoops Ages 7 - 15

Bring your skills to the holiday hoops special. Test your shooting in "HORSE" and "Around the World" Pre-register. FREE!
#9330.489 Friday, Dec 14, 3:30 - 5:30 pm10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	0110.485	3-5	M. Navarette	Thurs	4-4:30 pm	\$36 / \$44*
Ballet & Tap	0110.488	3-5	M. Navarette	Sat	12:30-1 pm	\$36 / \$44*
Ballet Folklorico	0210.481	2-5	N. Solorio	Fri	4-4:30 pm	\$36 / \$44*
Little Sport Stars	0220.481	3-5	Staff	Wed	3:15-4 pm	\$35 / \$41
Little Sport Stars	0220.482	5-7	Staff	Wed	4:15-5 pm	\$35 / \$41
Karate	0030.481	3-5	J. Hickman	Thurs	3:45-4:15 pm	\$36 / \$44

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet Level 1	1230.483	6-12	M. Navarette	Thurs	4:30-5:15 pm	\$42 / \$51*
Ballet & Tap	1230.484	5-9	M. Navarette	Sat	1:15-2 pm	\$42 / \$51*
Ballet & Tap	1235.486	10+	M. Navarette	Sat	2:15-3 pm	\$42 / \$51*
Belly Dancing	1540.481	14+	L. Stacey	Mon	6-7 pm	\$45 / \$55*
Ballet Folklorico	1250.481	6+	N. Solorio	Fri	4:45-5:30 pm	\$40 / \$48*
Hawaiian Dance	1282.481	6-12	M. Tuminting	Thurs	5-5:50 pm	\$42 / \$51
Hawaiian Dance	1282.486	13+	M. Tuminting	Thurs	6-6:50 pm	\$42 / \$51
Hip Hop Dance	1365.481	6-13	M. Navarette	Tues	7-7:45 pm	\$42 / \$51*
Hip Hop Dance	1365.482	14+	M. Navarette	Tues	8-8:45 pm	\$42 / \$51*
Youth Belly Dancing	1410.481	6-12	L. Stacey	Mon	6-7 pm	\$45 / \$55*

CREATIVE CLASSES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Art Tastic	3113.482	6-13	Staff	Tuesday	6-6:50 pm	\$40 / \$48

ENRICHMENT CLASSES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Babysitter's Training - Sept	3116.385	11+	Staff	Sept. 15 & 22	9 am-12 pm	\$50 / \$63
Babysitter's Training - Oct	3116.481	11+	Staff	Oct. 13 & 20	9 am-12 pm	\$50 / \$63
Babysitter's Training - Nov	3116.483	11+	Staff	Nov. 10 & 17	9 am-12 pm	\$50 / \$63
Babysitter's Training - Dec	3116.485	11+	Staff	Dec. 8 & 15	9 am-12 pm	\$50 / \$63

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Judo - Beginning	4360.481	5+	M. Ozaki	Tues	7-7:50 pm	\$35 / \$44
Judo - Beginning	4360.482	5+	M. Ozaki	Thurs	7-7:50 pm	\$35 / \$44
Judo - Advanced	4365.481	5+	M. Ozaki	Tues	8-8:50 pm	\$35 / \$44
Judo - Advanced	4365.482	5+	M. Ozaki	Thurs	8-8:50 pm	\$35 / \$44
Okinawa Karate - Beginning	4320.481	5 - 11	S. Ingalls	Thurs	5:30-6:20 pm	\$35 / \$44
Okinawa Karate - Intermediate	4325.483	14+	S. Ingalls	Thurs	6:30-7:20 pm	\$35 / \$44
Tae Kwon Do - Sept	4381.384	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Oct	4381.480	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Nov	4381.482	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Tae Kwon Do - Dec	4381.484	7+	S. Juare	Mon/Wed	4:30-6 pm	\$30 / \$36
Adult Boot Camp	4145.481	16+	D. Rodriguez	Mon/Wed	5:30-6:30 pm	\$50 / \$65
Basketball 101	4318.481	6-9	Staff	Fri	3:30-4:20 pm	\$30 / \$38
Basketball 101	4318.482	10-13	Staff	Fri	4:30-5:20 pm	\$30 / \$38

*Additional materials fee for the course.

Heritage

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Lisa Petty, Recreation Supervisor II (Acting) • Eddie Johnson, Recreation Supervisor I • 1381 East Palomar St. (619) 421-7032
Monday - Thursday: 2 - 8 pm • Friday 2 - 7 pm • Saturday 12 - 4 pm • Sunday Closed

100 Miles at Heritage ★

Looking for a way to get exercise in a scenic and friendly environment? Participants have ten weeks to walk or run 100 miles around the trails at Heritage Park. Upon completion, get a, "I Walked 100 miles at Heritage Park" T-shirt. FREE!

Catch Recreation in Your Parks Ages 6 & over

Looking for fun and healthy activities in your own backyard? Enjoy a variety of fun activities in our local parks. FREE!
Mon - Thurs, 4 - 6pm

October Crafts and Costume Contest

Participate in a variety of October themed crafts and games. Prizes costume contest winners. FREE!
October 26 2-3:30pm

Heritage Fall Camp Ages 6 - 12

Enjoy arts, crafts, games, field trips, and more. Space is limited. Fees range from \$120 - \$140 per week. Morning extended care is available from 7:30 - 8:30 am for an additional \$10 per week.

September 17 - October 5 8:30am - 4:30pm

Parent's Night Out

This is an opportunity for parents to finish up their holiday shopping. Kids join us for an evening of fun, activities, games and snacks. Pre-registration is required. Fee: \$10 per child
December 7 & 14

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

FALL CAMPS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Fall Camp - September 17-21	9100.401	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165
Fall Camp - September 24-28	9100.402	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165
Fall Camp - October 1-5	9100.403	6-12	Staff	Mon-Fri	8:30am-4:30 pm	\$130 / \$165

PRESCHOOL CLASSES	Code	Ages	Instructor	Day	Time	Res / Non-Res
Bumble Bee Sports 3:30-4:15 pm and 10-10:45 am	0150.401	2-3	Staff	Fri/Sat	...	\$86 / \$106
Bumble Bee Sports 4:30-5:15 pm and 11-11:45 am	0150.402	4-5	Staff	Fri/Sat		\$86 / \$106

Session 1 (Begins Sep. 26th)

Kreative Wonders (Toddler Gym)	0050.401	18mo-2.5	C.Paseman	Wed	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.402	18mo-2.5	C.Paseman	Fri	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.403	18mo-2.5	C.Paseman	Sat	9-9:45 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.401	2.5-3.5	C.Paseman	Wed	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.402	2.5-3.5	C.Paseman	Fri	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.403	2.5-3.5	C.Paseman	Sat	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.401	3.5-5	C.Paseman	Wed	10:30-11:10 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.402	3.5-5	C.Paseman	Sat	10:30-11:10 am	\$31 / \$39

Session 2 (Begins Oct. 31)

Kreative Wonders (Toddler Gym)	0050.404	18mo-2.5	C.Paseman	Wed	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.405	18mo-2.5	C.Paseman	Fri	9-9:45 am	\$31 / \$39
Kreative Wonders (Toddler Gym)	0050.406	18mo-2.5	C.Paseman	Sat	9-9:45 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.404	2.5-3.5	C.Paseman	Wed	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.405	2.5-3.5	C.Paseman	Fri	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym)	0055.408	2.5-3.5	C.Paseman	Sat	9:45-10:25 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.403	3.5-5	C.Paseman	Wed	10:30-11:10 am	\$31 / \$39
Kreative Wonders (Kinder Gym 2)	0060.404	3.5-5	C.Paseman	Sat	10:30-11:10 am	\$31 / \$39
Little Hands	0020.401	1.5-3	Staff	Thurs	9:45-10:15 am	\$39 / \$49
Little Hands	0025.401	3-5	Staff	Thurs	9-9:30 am	\$39 / \$49
Ballet (new students)	0110.402	3-5	C.Perez & Staff	Fri	5:45-6:15 pm	\$36 / \$44

Ballet (returning students)	0110.401	3-5	C.Perez & Staff	Thurs	5:30-6 pm	\$36 / \$44
Creative Dance	0201.401	3-5	C.Perez & Staff	Fri	4:45-5:15 pm	\$36 / \$44
Preschool Hip Hop	0200.401	3-5	C.Perez & Staff	Fri	5:15-5:45 pm	\$36 / \$44
Preschool Mixed Martial Arts	0095.401	2.5-4	I. Lee	Mon/ Thur	2-3 pm	\$66 / \$82
Tot Fun Hour	0030.401	4-5	Staff	Thurs	11-12 pm	\$45 / \$56

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.401	4-6	Carla Perez/Staff	Thurs	6-6:30 pm	\$42 / \$51
Ballet Levels 1 & 2	1235.401	6+	Carla Perez/Staff	Fri	6:15-7 pm	\$42 / \$51
Ballet Levels 3 & 4	1240.401	8+	Carla Perez/Staff	Thurs	6:30-7:15pm	\$42 / \$51
Belly Dancing	1540.401	Adult	D.Aragon-Weisner	Mon	6-6:50 pm	\$45 / \$56
Belly Dancing	1540.402	Adult	D.Aragon-Weisner	Tues	6-6:50 pm	\$45 / \$56
Belly Dancing	1540.403	Adult	D.Aragon-Weisner	Tues	7-7:50 pm	\$45 / \$56
Intro to Hula	1280.401	6-12	S. Mesina	Wed	5-5:50 pm	\$36 / \$45
Jazz/ Hip Hop Dance	1610.401	6+	Carla Perez & Staff	Wed	4 -4:45 pm	\$42 / \$51
Multicultural Dance	1410.402	6-12	D.Aragon-Weisner	Thurs	4:30-5:20 pm	\$45 / \$56
Tahitian Dance	1281.401	13+	S. Mesina	Wed	6-6:45pm	\$36 / \$45
Youth Belly Dancing	1410.401	6-12	D.Aragon-Weisner	Mon	5-5:50 pm	\$45 / \$56
Youth Flamenco Dance	1470.401	6-12	D.Aragon-Weisner	Tues	5-5:50 pm	\$45 / \$56

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Keyboard	1580.401	7+	N. Villanueva	Wed	4-4:50 pm	\$78 / \$97
Little Voices	1520.401	7-12	N. Villanueva	Wed	5-5:50 pm	\$78 / \$97

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Drawing Studio (6 wks, beg. Oct.8)	3155.401	9-16	L.Villasenor-Isabelle	Sat	10:30-11:30 am	\$63 / \$77*
Fine Arts Painting (6 wks, beg. Oct.8)	3155.402	9-16	L.Villasenor-Isabelle	Sat	9-10 am	\$63 / \$77*
Intro to Clay	3230.401	7+	A. Bernard-Bryant	Thurs	6-7 pm	\$71 / \$89*
Intro to Clay	3230.402	Adult	A. Bernard-Bryant	Thurs	7-8 pm	\$71 / \$89*
Ready, Set, Knit, and Crochet	3181.401	8+	M. Elias	Mon	5-5:50 pm	\$46 / \$57
Ready, Set, Knit, and Crochet	3181.402	8+	M. Elias	Fri	5-5:50 pm	\$46 / \$57
Scrapbooking (September 22, October 6, November 3)	3180.401	16+	K. Ralston	Sat	12-3 pm	\$41 / \$50
Totally Art	3150.401	6-10	Staff	Mon	4-4:50 pm	\$28 / \$35

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Etiquette & Social Skills (September 29, October 6)	4415.401	6-12	D. O'Farril	Sat	12-3 pm	\$76 / \$95
Etiquette & Social Skills (October 13 & 20)	4415.402	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95
Etiquette & Social Skills (November 3 & 10)	4415.403	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95
Etiquette & Social Skills (December 1 & 8)	4415.404	6-12	D. O'Farril	Sat.	12-3 pm	\$76 / \$95

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Aerobic Combo	4100.401	Adult	P.Payne	Mon/Wed	7-7:45 pm	\$55 / \$62
Aerobic Combo	4100.402	Adult	P.Payne	Tues/Thurs	9-9:45 am	\$55 / \$62
Cardio Shimmy Belly Dancing	4300.401	Adult	D.Aragon-Weisner	Sat	8-8:50 am	\$45 / \$56
Mixed Martial Arts & Fitness	4370.401	5-12	I.Lee	Mon/Thurs	3-4 pm	\$66 / \$82
Mixed Martial Arts & Fitness	4370.402	16+	I.Lee	Mon/Thurs	4-5 pm	\$66 / \$82
Shito-Ryu Karate	4330.401	5+	Julio Martinez	Tues/Thurs	4 -4:50 pm	\$71 / \$84
Emerging Athletes Program	4060.401	6-10	Staff	Wed	4-4:50 pm	\$45 / \$56
Goal Soccer Clinic	4035.401	5-6	C. Simon	Mon/Wed	4-4:45 pm	\$85 / \$106
Goal Soccer Clinic	4035.402	7-10	C. Simon	Mon/Wed	5-5:45 pm	\$85 / \$106

*Additional materials fee for the course.

Loma Verde

RECREATION CENTER

www.chulavistaca.gov/rec



Sandy Chavez, Recreation Supervisor III • Joseph Mariano, Recreation Supervisor I • 1420 Loma Lane (619) 691-5082
Monday - Thursday: 2:30 - 8:30 pm • Friday: 1 - 7 pm • Saturday: 12 - 4 pm

Loma Verde Creative Corner Ages 5 - 14

Creative Corner is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of crafts projects is located at the center. FREE!

Tuesdays 3 - 4 pm

Loma Verde Sports Club ★ Ages 6-14

Floor hockey, soccer, baseball, basketball, and flag football--teamwork and good sportsmanship will be stressed. FREE!

Thursdays 2:30 - 4 pm

Phat Fridays Ages 6-14

We have a variety of special activities from popcorn & a movie, build your own sundae, root beer float day, bingo, and dances. For more information check our calendar at the center or visit www.chulavistaca.gov/rec. FREE!

Fridays 2:30 - 4 pm

Parents Night Out Ages 5+

Parents: drop off your kids and do that last minute holiday shopping. Activities will include dinner, crafts, movie and games. Cost \$10 child

#9155.423 November 2, 6-10 pm

#9155.424 December 14, 6-10 pm

Swap Meet Saturday

Loma Verde center will be host a parking lot sale that will be advertised in the newspaper and varies locations. Spaces are limited so reserve you space as soon as possible. Cost: \$10 per space; tables may be rented for \$5 each. For more information call (619) 585-5687.

October 6, 7 am - 1 pm

Elementary School Fall Dance Grades 5 - 6

Costume contest, raffles and more. \$1 cover
October 25, 3 - 5 pm

Elementary School Winter Dance Grades 5 - 6

Dance contest, raffles and much more. \$1 cover
December 7, 3 - 5 pm

Fall Fest

Come join the autumn festival! There will be a variety of activities, including games, prizes, crafts, pictures, and a costume contest. All activities are FREE.

October 26, 3 - 5 pm

Teen Dodgeball Nights

Looking for something to do Friday Nights? Come play dodgeball, games in the game room, eat--or just hang out. Fee \$1

October 12, 7 - 10 pm

November 16, 7 - 10 pm

Club LV Dance

Live DJ playing the best Hip-Hop, Top40s and Slow Jams. We will have contests, raffles, and much more. \$3 cover.

Monster Bash October 26, 8 - 11 pm

Winter Blast December 7, 8 - 11 pm

**10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).**

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Apples to Zebras	0240.421	3-5	Staff	Tue/Thur	1:15-2 pm	\$65 / \$80
Little Sport Stars (8 weeks)	0220.421	5-7	Staff	Thurs	4:30-5:15 pm	\$38 / \$46
Preschool Ballet & Tap	0110.421	2-8	Carla Perez/Staff	Mon	4-4:45 pm	\$36 / \$44*
Preschool Ballet	0110.427	3-5	Carla Perez/Staff	Fri	4:30-5 pm	\$36 / \$44*
Preschool Belly Dancing (8 wks)	0180.421	3-5	C. Martinez	Wed	3:30-4 pm	\$55 / \$69*
Preschool Gymnastics	0010.421	3-5	Staff	Tues	9-9:50 am	\$50 / \$63*
Preschool Gymnastics	0010.422	3-5	Staff	Tues	10-10:50 am	\$50 / \$63
Preschool Gymnastics	0010.423	3-5	Staff	Sat	9-9:50 am	\$50 / \$63
Preschool Gymnastics	0010.424	3-5	Staff	Sat	10-10:50 am	\$50 / \$63
Preschool Hip Hop	0200.421	3-5	Carla Perez/Staff	Sat	9:30-10 am	\$36 / \$44
Preschool Karate	0030.421	3-5	Gary Amen	Wed	3:30-4 pm	\$39 / \$48
Parent & Tot Karate	0130.422	3-5	Gary Amen	Wed	4-4:30 pm	\$44 / \$55
Tiny Tots	0090.422	3-5	M.Campos	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.424	3-5	M.Campos	Wed/Fri	9-11:50 am	\$120 / \$150



DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1235.324	6+	Carla Perez & Staff	Friday	5:-5:45 pm	\$42 / \$51*
Youth/Adult Belly Dancing (8 wks)	1454.421	6 - 18	C. Martinez	Monday	6-6:50 pm	\$55 / \$69*
Belly Dancing (8 Weeks)	1540.421		C. Martinez	Mon	7-7:50 pm	\$55 / \$69*
Belly Dancing Beginners	1540.422	Adult	Diana Weisner	Sat	11-11:50 am	\$45 / \$55*
Youth Belly Dancing	1410.421	6-12	Diana Weisner	Sat	12-12:50 pm	\$45 / \$55*
Hip Hop	1365.422		Carla Perez & Staff	Sat	10-10:45 am	\$42 / \$51
Polynesian Dance (Beg. Hula)	1280.422	5+	G. Berthiaume	Wed	5:30-6:20 pm	\$28 / \$35*
Polynesian Dance (Interm. Hula)	1280.425	5+	G. Berthiaume	Wed	6:30-7:20 pm	\$28 / \$35*
Polynesian Dance (Beg. Hula)	1290.421	12+	G. Berthiaume	Wed	7:30-8:20 pm	\$28 / \$35*
Polynesian Dance (Hawaiian)	1295.421	5+	J. Gallanosa	Thurs	5:45-6:35 pm	\$28 / \$35*
Polynesian Dance (Tahitian)	1298.425	9+	J. Gallanosa	Thurs	6:45-7:30 pm	\$28 / \$35*

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ceramics	3200.421	10+	N. Wallis	Tues	9-12 pm	\$35 / \$44*
Ceramics	3200.423	14+	N. Wallis	Wed	5:30-8:20 pm	\$35 / \$44*
Ceramics	3200.422	10+	N. Wallis	Wed	9-12 pm	\$35 / \$44*
Ceramics	3200.424	10+	N. Wallis	Sat	9-12 pm	\$35 / \$44*

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Little Chefs	3112.421	6-12	Staff	Wed	3:30-4:30 pm	\$27 / \$35

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Turbo Kickboxing - Sept	4680.421	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Turbo Kickboxing - Oct	4680.422	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Turbo Kickboxing - Nov	4680.423	16+	B. Marquez	Mon/Tue/Wed	5-6 pm	\$26 / \$33
Gymnastics 1	4105.424	6-14	Staff	Tues	11-11:50 am	\$50 / \$62
Gymnastics 1	4105.421	6-14	Staff	Sat	11-11:50 am	\$50 / \$62
Gymnastics 1	4105.425	6-14	Staff	Sat	12-12:50 pm	\$50 / \$62
Gymnastics 2 & 3	4105.422	6-14	Staff	Sat	12-12:50 pm	\$50 / \$62
Gymnastics - Boys	4105.423	5+	Staff	Sat	1 -1:50 pm	\$50 / \$62
Beginning Okinawa Karate	4320.422	5-11	S. Ingalls	Tues	5 -5:50 pm	\$35 / \$44
Beg/ Inter Okinawa Karate	4325.424	12+	S. Ingalls	Tues	6-6:50 pm	\$35 / \$44
Zumba	4681.421	16+	J.Castaneda	Tues/Thurs	7:30-8:20 pm	\$35 / \$44



Monteville

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Shaun Ellis, Recreation Supervisor III • Shannon Bullock, Recreation Supervisor I • 840 Duncan Ranch Road (619) 691-5269
Monday - Thursday: 8 am - 9 pm • Friday: 8 am - 10 pm • Saturday: 8am - 4 pm • Sunday: 12 - 4 pm

Take Me Out to the Ball Game

Enjoy a night out with family and friends at Petco Park. Come cheer on the Padres with fellow fans as we take on the Diamondbacks (8/29). Tickets were donated by the Padres Charity Ticket Program. All children must be accompanied by an adult. Ticket and transportation is included with fee. Space is limited. Fee: \$6 Resident / \$7 Non-Resident
#9998.351 August 29, 5 - 10 pm

Movie Nights at Monteville

Three different movies will be shown in the large grass area at the north end of the park on our large outdoor movie screen. Punch, popcorn, and snacks available for sale. FREE!
August 17, September 21 and October 19

Little Tikes Costume Carnival

Ages 6 and under
Enjoy a night of costume fun with your little one's. There will be arts & crafts, cookie decorating, and a few games that will have you and your child enjoying the evening together. A children's themed movie will be shown during the carnival beginning at 6:00 pm. Please register early space is limited. Fee: \$6 per child
#9044.450 October 28 4:30-7:00 pm

Pumpkin Carving & Decorating

Come enjoy a great afternoon of pumpkin carving and/or decorating. Children 2 - 6 years will be decorating their pumpkins with art supplies. Children 7 - 12 will be able to carve a pumpkin with the supplies we provide. Space is limited please register early. Fee: \$6 per child
Event is Monday, October 29

#9044.451 Ages: 2-6 2:30-3:45 pm
#9044.452 Ages: 7-12 4-5:30 pm

For class and program descriptions, turn to page 26

FREE FITNESS ACTIVITIES	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Kids Fitness Club	4200.450	8-14	Staff	Thurs	4-5 pm	FREE
Having a Ball	4200.451	6-14	Staff	Tue/Wed/Thur	3:30-5 pm	FREE

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Hands	3200.450	2-3	Staff	Thurs	3:30-4:15 pm	\$38 / \$48
Creative Hands	3200.451	4-5	Staff	Thurs	4:30-5:15 pm	\$38 / \$48
Diaper Daredevils	0080.450	Walking-3	Jen Jensen	Mon	10-10:45 am	\$60 / \$74
Diaper Daredevils	0080.452	Walking-3	Jen Jensen	Tues	10-10:45 am	\$60 / \$74
Family Karate	0030.455	3+	Gary Amen	Wed	4:30-5:30 pm	\$38 / \$46
Little Picassos	0031.451	3-5	Ofelia Avarado	Mon	9-10 am	\$36 / \$44
Little Dunkers Basketball (11/4 - 12/9)	0330.451	2-3	Staff	Sat	10-10:45 am	\$25 / \$31
Little Dunkers Basketball (11/4 - 12/9)	0335.451	4-5	Staff	Sat	11-11:45 am	\$25 / \$31
Little Dunkers Basketball (9/29 - 10/27)	0335.450	4-5	Staff	Fri	5-5:45 pm	\$25 / \$31
Little Dunkers Basketball (9/29 - 10/27)	0330.450	2-3	Staff	Fri	4-4:45 pm	\$25 / \$31
Little QB Flag Football (11/3 - 12/8)	0330.453	2-3	Staff	Fri	4-4:45 pm	\$25 / \$31
Little QB Flag Football (11/3 - 12/8)	0335.453	4-5	Staff	Fri	5-5:45 pm	\$25 / \$31
Little QB Flag Football (9/30 - 10/28)	0330.452	2-3	Staff	Sat	10-10:45 am	\$25 / \$31
Little QB Flag Football (9/30 - 10/28)	0335.452	4-5	Staff	Sat	11-11:45 am	\$25 / \$31
Music For Parents & Me	0088.450	2.5-4	Merja Soria	Thurs	4:30-5:10 pm	\$65 / \$80
Ballet & Tap	0120.450	3-5	Carla Perez/Staff	Wed	5:45-6:15 pm	\$36 / \$44*
Ballet & Tap	0130.450	3-4	Felicia Alvarez	Thurs	2:30-3 pm	\$45 / \$55
Dance Combo	0130.451	2-3	Felicia Alvarez	Thurs	3-3:30 pm	\$45 / \$55
Ballet & Tap	0130.452	4-5	Felicia Alvarez	Thurs	4:15-4:45 pm	\$45 / \$55
14 Ballet & Tap	0130.453	3-4	Felicia Alvarez	Thurs	4:45-5:15 pm	\$45 / \$55

Born to Read

Join the Chula Vista Public Library at the Monteville Recreation Center for fun and educational toddler story times! FREE!
Tuesdays 10 am

Monteville Fitness Club ★

Ages 8-14
Students will learn the basics of a variety of fitness activities by participating in games and friendly competition. Registration required. FREE!
#4200.350 Thursdays 4 - 5 pm

Having A Ball

Ages 6-14
Play a variety of sports in the gymnasium--from indoor soccer to dodge ball. Staff will stress participation and good sportsmanship. FREE!
#4200.351 Tues, Wed, Thurs 3:30 - 5 pm

Open "B Boy" Dance Session

All ages
Join your friends in this dance/breakdance session. Bring your own music and practice your dance moves. FREE!
Fridays 7 - 8:30 pm

Parents' Night Out

Ages 5-14
Parents can have a night out while the kids participate in a variety of activities. Children must be dropped off and picked up from the event. Dinner will be provided. Fee: \$10 per child

Fall Madness

#9900.452 November 16 6-10 pm

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

Ballet & Tap	0130.454	5-6	Felicia Alvarez	Thurs	3:30-4:15 pm	\$49 / \$60
Ballet & Tap	0130.455	3-4	Felicia Alvarez	Mon	10-10:30 pm	\$45 / \$55
Ballet & Tap	0130.457	4-5	Felicia Alvarez	Mon	11-11:30 pm	\$45 / \$55
Ballet & Tap	0130.458	3-4	Felicia Alvarez	Mon	11:30-12 pm	\$45 / \$55
Ballet	0110.450	3-5	Carla Perez/Staff	Mon	3:30-4 pm	\$36 / \$44*
Ballet	0110.451	3-5	Carla Perez/Staff	Tues	4-4:30 pm	\$36 / \$44*
Ballet Folklórico	0210.450	3-5	Carla Perez/Staff	Wed	4-4:30 pm	\$36 / \$44*
Gymnastics	0010.450	3-5	Carley Fields	Fri	2-2:50 pm	\$50 / \$63
Gymnastics	0010.451	3-5	Carley Fields	Fri	3-3:50 pm	\$50 / \$63
Hip Hop	0200.450	3-5	Carla Perez/Staff	Wed	4:30-5 pm	\$36 / \$44
Karate	0030.450	3-5	Gary Amen	Mon	3-3:30 pm	\$36 / \$44
Karate	0030.451	3-5	Gary Amen	Mon	3:30-4 pm	\$36 / \$44
Karate	0030.453	3-5	Gary Amen	Tues	3-3:30 pm	\$36 / \$44
Karate	0030.454	3-5	Gary Amen	Tues	3:30-4 pm	\$36 / \$44
Morning Ballet	0130.456	2-3	Felicia Alvarez	Mon	10:30-11 pm	\$45 / \$55
Tennis (8 wks)	0140.452	3-5	Juan Villanueva	Tues	9-9:45pm	\$80 / \$99
Tennis (8 wks)	0140.453	3-5	Juan Villanueva	Tues	10-10:45pm	\$80 / \$99
Sing, Sign, & Play (9/28-10/26)	0070.450	6-24 mos	Leah Albertson	Fri	10-10:50pm	\$70 / \$86
Sing, Sign, & Play (9/29-10/27)	0070.451	6-24 mos	Leah Albertson	Sat	10-10:50pm	\$70 / \$86
Sing, Sign, & Play (11/2-12/7)	0070.452	6-24 mos	Leah Albertson	Fri	9-9:50 am	\$70 / \$86
Sing, Sign, & Play Level II (11/2-12/7)	0071.450	6-24 mos	Leah Albertson	Fri	10-10:50 am	\$70 / \$86
Sing, Sign, & Play (11/3-12/8)	0070.453	6-24 mos	Leah Albertson	Saturday	10-10:50 am	\$70 / \$86
Super Tots	0080.451	3-5	Jen Jensen	Mon	11-11:45 am	\$60 / \$74
Super Tots	0080.453	3-5	Jen Jensen	Tues	11-11:45 am	\$60 / \$74
Super Tots II	0080.454	3-5	Jen Jensen	Mon	12-12:45pm	\$60 / \$74
Super Tots II	0080.454	3-5	Jen Jensen	Tues	12-12:45pm	\$60 / \$74
Tiny Tots	0090.450	3-5	Sonia Chavez	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.451	3-5	Sonia Chavez	Wed/Fri	9-11:50 am	\$120 / \$150

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet & Tap	1230.450	6+	Carla Perez/Staff	Wed	6:15-7 pm	\$42 / \$51*
Ballet Level 1	1240.450	6+	Carla Perez/Staff	Mon	4:45-5:30 pm	\$42 / \$51*
Ballet Level 1	1240.451	6+	Carla Perez/Staff	Tues	4:30-5:15	\$42 / \$51*
Ballet Levels 2 & 3	1241.450	6+	Carla Perez/Staff	Mon	5:30-6:15 pm	\$42 / \$51*
Ballroom Dances	1710.450	16+	Saria Martin	Wed	7-7:50pm	\$49 / \$54
Belly Dancing	1540.450	Adult	Cecelia Martinez	Tues	7-7:50 pm	\$56 / \$69*
Belly Dancing	1540.452	Adult	Diana Weisner	Mon	7:30-8:20pm	\$45 / \$56
Flamenco	1460.452	Adult	Diana Weisner	Thurs	8-8:50 pm	\$46 / \$56
Hip Hop Dance	1610.450	6+	Carla Perez/Staff	Mon	6:15-7 pm	\$42 / \$51*
Hip Hop Dance	1610.451	6+	Carla Perez/Staff	Wed	5-5:45 pm	\$42 / \$51*
Hip Hop and Step Exercise	1490.451	8-11	Angelica Jurado	Fri	4-4:45	\$24 / \$30
Monteville Pointe Ballet	1242.450	10+	Carla Perez/Staff	Tues	5:15-6 pm	\$42 / \$51*
Polynesian Dance	1100.450	5-10	Leona Jasmin	Fri	5:15-6 pm	\$42 / \$51*
Polynesian Dance	1100.451	10+	Leona Jasmin	Fri	6:15-7 pm	\$41 / \$50
Salsa & Merengue	1730.450	16+	Saria Martin	Wed	8-8:50 pm	\$49 / \$54
Tap Dance	1205.450	5-12	Carla Perez/Staff	Mon	4:4:45 pm	\$42 / \$51*
Youth/Adult Belly Dancing	1454.452	6-18	Cecelia Martinez	Wed	6-6:50pm	\$56 / \$69

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Art of Acting	2110.450	8+	Diannah Smith	Thurs	6-8 pm	\$42 / \$51

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Candle Making For Kids	3166.450	5-10	Michelle Slake	Sat	10-11 am	\$26 / \$31*
Cartooning	3166.450	8-13	Albert Songalia	Tues	6-6:50 pm	\$45 / \$56
Clay Plus! (8 wks)	3150.421	6-10	Teresa Mill	Tues	5-5:50	\$39 / \$48*
Drawing Plus! (8 wks)	3110.450	6-10	Teresa Mill	Tues	4-4:50	\$39 / \$48*
Fall Crafts Workshop (Oct 20)	3310.453	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Fall Crafts Workshop (Oct 20)	3311.453	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Fall Treats Workshop (Nov 17)	3310.454	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Fall Treats Workshop (Nov 17)	3311.454	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Holiday Crafts Workshop (Dec 10)	3310.455	6-16	Donna Hlava	Mon	4-6:30 pm	\$16 / \$19*
Holiday Cookies & Treats (Dec 22)	3310.456	6-16	Donna Hlava	Sat	9:30 am-12 pm	\$16 / \$19*
Holiday Cookies & Treats (Dec 22)	3311.456	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 9)	3310.457	6-16	Donna Hlava	Sun	1-3 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 15)	3310.458	6-16	Donna Hlava	Sat	10 am-12 pm	\$16 / \$19*
Gingerbread House Wkshp (Dec 15)	3310.459	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*

*Additional materials fee for the course.

Painting for Children (8 wks)	3155.451	6-12	Ofelia Alvarado	Thurs	3:30-5:30 pm	\$20 / \$24*
Scrapbooking for Kids (6 wks)	3700.451	7-10	Rita Medford	Tues	4-5:30 pm	\$56 / \$69
Scrapbooking for Kids (6 wks)	3700.452	11-14	Rita Medford	Thurs	4-5:30 pm	\$56 / \$69
Scrapbooking for Adults (5 wks)	3700.453	Adult	Rita Medford	Wed	6-8 pm	\$56 / \$69

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Dog Obedience (8 wks)	3600.450	12+	Joyce Hitz	Wed	7-8 pm	\$65 / \$80
Dog Obedience (8 wks)	3600.451	12+	Joyce Hitz	Sat	3-4 pm	\$65 / \$80
Make, Bake, & Take (6 wks)	3310.450	5-12	D. Hlava	Wed	3:30-4:45 pm	\$35 / \$42*
Make, Bake, & Take (6 wks)	3310.451	5-12	D. Hlava	Wed	5-6:15 pm	\$35 / \$42*
Modeling 101	3100.450	8-11	Eva Gonzalez	Sat	10:15-11:15am	\$145 / \$180
Modeling 102	3100.452	12-19	Eva Gonzalez	Sat	11:30-1:00 pm	\$145 / \$180
Redirecting Childrens Behavior 9/27-10/25	3555.450	Adult	K. Taylor	Thurs	6:30-8:30 pm	\$150 / \$186*
Redirecting Childrens Behavior 11/1-12/6	3555.451	Adult	K. Taylor	Thurs	6:30-8:30 pm	\$150 / \$186*
When Your Kids Drive You Crazy...	3555.452	Adult	K. Taylor	Thur, Sept 20	6:30-8:30 pm	FREE

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Abs, Thighs, and Buns	4112.450	14+	Angelica Jurado	Tues	8-9 pm	\$34 / \$43
Basketball 101	4318.450	8-10	Staff	Wed	3:30-4:20 pm	\$36 / \$45
Boxing/Sculpt Combo-October	4313.451	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Boxing/Sculpt Combo-November	4313.452	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Boxing/Sculpt Combo-December	4313.453	Adult	L. Landry	Mon/Wed/Fri	9-10 am	\$31 / \$19
Cardio Kick Boxing-October	4680.450	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-October	4311.452	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Kick Boxing-November	4680.451	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-November	4311.453	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Kick Boxing-December	4680.452	Adult	Gary Amen	Wed	6:30-7:30 pm	\$15 / \$18
Cardio Kick Boxing-December	4311.454	Adult	L. Landry	Mon/Wed	9-10 am	\$26 / \$31
Cardio Dance	4111.450	Adult	L. Landry	Tues	7-7:50 pm	\$37 / \$46
Gymnastics 1	4320.450	6-14	Carley Fields	Fri	4-4:50 pm	\$50 / \$63
Gymnastics 2 & 3	4320.451	6-14	Carley Fields	Fri	5-5:50 pm	\$50 / \$63
Intro to Sports	4316.450	6-8	Staff	Mon	4-5 pm	\$35 / \$44
Kajukenbo Karate-October	4430.450	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Kajukenbo Karate-November	4430.451	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Kajukenbo Karate-December	4430.452	5+	B Angeles Sr.	Mon/Fri	6:30-8 pm	\$61 / \$75*
Karate 101	4350.450	6+	Gary Amen	Wed	5:30-6:30pm	\$40 / \$50*
Step & Sculpt-October	4312.451	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Step & Sculpt-November	4312.452	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Step & Sculpt-December	4312.453	Adult	L. Landry	Fri	9-10 am	\$16 / \$19
Adult Tennis (8 wks)	4565.451	18+	Randy Thomas	Thurs	6:30-7:30 pm	\$96 / \$119
Adult Tennis (8 wks)	4565.452	18+	Randy Thomas	Sat	9:30-10:30 am	\$96 / \$119
Adult Tennis (8 wks)	4565.453	18+	Randy Thomas	Sat	10:30-11:30 am	\$96 / \$119
Afterschool Tennis (9/26-10/24))	4578.451	Grades 1-3	Randy Thomas	Wed	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (10/31-12/5)	4578.452	Grades 1-3	Randy Thomas	Wed	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (9/27-10/25)	4578.453	Grades 4-6	Randy Thomas	Thurs	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (11/1-12/6)	4578.454	Grades 4-6	Randy Thomas	Thurs	3:30-4:20 pm	\$51 / \$61
Afterschool Tennis (9/26-10/24)	4579.455	Grades 7-8	Randy Thomas	Wed	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (10/31-12/5)	4579.456	Grades 7-8	Randy Thomas	Wed	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (9/27-10/25)	4579.457	Grades 7-8	Randy Thomas	Thurs	4:30-5:20 pm	\$51 / \$61
Afterschool Tennis (11/1-12/6)	4579.458	Grades 7-8	Randy Thomas	Thurs	4:30-5:20 pm	\$51 / \$61
Group Tennis (9/26-10/24)	4580.451	Grades 1-3	Randy Thomas	Wed	5:30-6:20 pm	\$76 / \$86
Group Tennis (10/31-12/5)	4580.452	Grades 1-3	Randy Thomas	Wed	5:30-6:20 pm	\$76 / \$86
Group Tennis (9/28-10/25)	4580.453	Grades 1-3	Randy Thomas	Fri	3:30-4:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4580.454	Grades 1-3	Randy Thomas	Fri	3:30-4:20 pm	\$76 / \$86
Group Tennis (9/27-10/25)	4580.455	Grades 4-6	Randy Thomas	Thurs	5:30-6:20 pm	\$76 / \$86
Group Tennis (11/1-12/6)	4580.456	Grades 4-6	Randy Thomas	Thurs	5:30-6:20 pm	\$76 / \$86
Group Tennis (9/28-10/25)	4580.457	Grades 4-6	Randy Thomas	Fri	4:30-5:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4580.458	Grades 4-6	Randy Thomas	Fri	4:30-5:20 pm	\$76 / \$86
Group Tennis (9/26-10/24)	4581.450	Grades 7-9	Randy Thomas	Wed	6:30-7:20 pm	\$76 / \$86
Group Tennis (10/31-12/5)	4581.451	Grades 7-9	Randy Thomas	Wed	6:30-7:20 pm	\$76 / \$86
Group Tennis (9/28-10/26)	4581.452	Grades 7-9	Randy Thomas	Fri	5:30-6:20 pm	\$76 / \$86
Group Tennis (11/2-12/7)	4581.453	Grades 7-9	Randy Thomas	Fri	5:30-6:20 pm	\$76 / \$86
Yoga	4010.450	Adult	Y. Rodriguez	Thurs	6:35-7:25 pm	\$35 / \$42
Yoga	4010.450	Adult	Y. Rodriguez	Sat	9-10 am	\$35 / \$42

Otay

RECREATION CENTER

www.chulavistaca.gov/rec



Michelle Castagnola, Recreation Supervisor II • Berenice Mora, Recreation Supervisor I • 3554 Main Street (619) 476-5325
Monday - Thursday: 2 - 8:45 pm • Friday: 2 - 6:45 pm • Saturday: 7:30 am - 3:30 pm • Sunday: 12 - 3:45 pm

Hip To Be Fit ★ Ages 6-12

Kids will enjoy this dance exercise class, which is so much fun dancing they won't even realize they are getting into shape. Registration is required. Free! (10 weeks)

#4620.444 Thurs 3 - 4 pm

Wiz Kids Elementary Students

Program increases drug awareness, builds self esteem, and enhances refusal skills. Free!

Mon - Thurs 2:00 - 4:30 pm

Fri 1 - 4:30 pm

Hall of Fame Tournaments Ages 10+

A different sports tournament each month--billiards, ping-pong, soccer, basketball, and more. Free!

Second and Last Thursday of the month, 4:30 - 7:30 pm

Back To School Night Ages 5-12

Get ready for the new year! We'll supply school supplies, and school/educational services information. Free!

Sept. 12 6:30 - 7:15 pm

Halloween Tot Carnival Ages 2-5

Carnival games, a costume contest, and snacks will be just what your toddler needs for a safe and happy Halloween! Free!

Oct. 31, 10:30 am -12 pm

Otay Haunted House

Come and enjoy the chills and thrills of a real haunted house, filled with scary theme rooms. Day one: ages 13 and older who really want to be scared. Day two: a thriller for ages 5-12.

Oct. 27, 9 pm-midnight

Ages 13+, \$3

Oct. 28, 6-9 pm

Ages 5-12, \$1

Turkey Bowling All ages

An all time favorite pastime. Who can resist throwing a frozen turkey down an oily bowling lane at 10 real bowling pins. FREE!

November 20, 3pm

Breakfast With Santa All ages

Join family and friends for an early morning breakfast of pancakes and sausage, and holiday arts & crafts. Don't forget your camera!

#9100.466 Dec. 15, 9-10:30 am \$2/child \$4/adult

10-week classes run September 24 - December 10 unless noted.

No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Apples to Zebras	0240.441	3-5	Staff	Mon/Wed	11:15-12 pm	\$65 / \$80
Bumble Bee Sports (9 weeks)	0150.441	2-3	Staff	Thurs/Fri	4-4:45 pm	\$86 / \$106
Bumble Bee Sports (9 weeks)	0150.442	2-3	Staff	Tues/Thurs	11-11:45 am	\$86 / \$106
Bumble Bee Sports (9 weeks)	0150.443	4-5	Staff	Thurs/Fri	5-5:45 pm	\$86 / \$106
Creative Hands	0030.441	3-5	Staff	Sat	10:30-11:30 am	\$38 / \$48
Learn & Play	0230.441	3-5	Staff	Tues/Thurs	9:15-10:45 am	\$90 / \$112
Me, You, and Fun, Too!	0280.441	1.5-3	Staff	Tues	4-5 pm	\$45 / \$55
Me, You, and Fun, Too!	0280.442	1.5-3	Staff	Thurs	12-1 pm	\$45 / \$55
Mighty Tykes	0220.441	3-5	Staff	Mon	4:15-5 pm	\$50 / \$62
Preschool Ballet	0110.444	3-5	Carla Perez/Staff	Wed	5-5:30 pm	\$36 / \$44*
Preschool Ballet & Tap	0120.441	2-6	Carla Perez/Staff	Wed	4:30-5 pm	\$36 / \$44*
Preschool Hip Hop	0200.441	3-5	Carla Perez/Staff	Mon	6:15-6:45 pm	\$36 / \$44*
Wiggly Worms	0210.441	1.5-3	Staff	Tues	12-12:45 pm	\$50 / \$62

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Creative Art of Acting	1530.444	8+	Diannah Smith	Wed	6:15-7:45 pm	\$42 / \$51
Guitar (6 weeks)	1560.441	6-15	Ben-E	Mon	4-5 pm	\$34 / \$42*
Guitar (6 weeks)	1560.442	16+	Ben-E	Wed	4-5 pm	\$34 / \$42*

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.442	6+	Carla Perez/Staff	Wed	5:30-6:15 pm	\$42 / \$51*
Hip Hop	1365.442	6+	Carla Perez & Staff	Monday	6:45-7:30 pm	\$42 / \$51*

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Make, Bake, & Take (6 weeks)	3310.441	5-12 yrs.	Donna Hlava	Fri	3-4:15 pm	\$35 / \$43*

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Adaptive Fitness	4620.449	Adult	Staff	Mon/Wed/Fri	9:30-11 am	\$47 / \$57
Adult Fitness	4620.445	15+	Staff	Sun-Sat	center hours	\$28 / \$56
Capoeira Brasil	4350.442	6+	Leo Falcao	Tues/Thurs	7-8:30 pm	\$50 / \$61*
Hip to Be Fit	4620.444	5-12	Staff	Thurs	3-4 pm	FREE
Karate 101	4350.441	6+	Gary Amen	Tues	6-7 pm	\$40 / \$50*
Morning Circuit	4620.448	Adult	Staff	Mon/Wed/Fri	9:30-11 am	\$47 / \$57
Youth/Teen Fitness	4620.441	10-17	Staff	Mon/Wed	4-5 pm	\$17 / \$33
Tai Chi - Oct	4640.441	Adult	Lenora Lowe	Tues/Thurs	6-7:30 pm	\$45 / \$53
Tai Chi - Nov	4640.442	Adult	Lenora Lowe	Tues/Thurs	6-7:30 pm	\$45 / \$53

*Additional materials fee for the course.

Parkway

RECREATION CENTER

www.chulavistaca.gov/rec



Frank Carson, Recreation Supervisor III • 373 Park Way (619) 691-5083
Monday - Thursday: 2:30 - 8:30 pm • Friday: 2:30 - 7 pm • Saturday - Sunday: 12 - 4 pm

Hip To Be Fit ★ Ages 6 - 14

This 8-week program offers cardiovascular exercise, performing dance routines, and other aspects of fitness. Prizes! FREE!

#9055.465 Wednesdays, Sept 26 - Nov 14, 4:30-5:30 pm

Kung Fu Fit ★ Ages 6 - 14

We encompass physical fitness with martial arts/self-defense. Prizes will be given out for this eight-week program. FREE!

#9055.468 Mondays, Sept 24 - Nov 12, 4:30-5:30 pm

RetroFit ★ Ages 6 - 14

This physical fitness program offers old school games--like dodgeball, kickball, and broomball--while getting fit the Retro way. Lots of fun and prizes, too! (8 weeks) FREE!

#9055.463 Tuesdays, Sept 25 - Nov 13, 4:30-5:30 pm

Family Movie Night

Bring the family, dinner, and snacks! Join us for a G or PG movie at Memorial Bowl. A fun family night out! FREE!

Event is on Saturday nights at dusk

September 15

October 27

November 17

December 15

Amazing Science Friday Ages 6 - 12

This is a great activity for young people that like to mess around with science! Experiment with projects such as Sublime Stone, Bubble Trouble, and Bendy Bones. Fee: \$11 Resident / \$13 Non-Resident

#9066.462 Friday, September 21, 4 - 7 pm

#9066.466 Friday, December 21, 4 - 7 pm

Holiday Crafts/Gifts - Parents Day Out! Ages 5 - 15

Make crafts and gifts for family members for the winter holidays while parents can take the time to do a little shopping of their own. Fee includes materials for crafts/gifts, snacks and drinks. Extended hours include dinner, drinks and games.

Fee: \$10 Resident / \$13 Non-Resident

#9066.463 Saturday, December 8, 12 - 4 pm

Extended Hours Fee: \$7 Resident / \$9 Non-resident

#9066.465 4 - 6 pm

10-week classes run September 24 - December 9 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRE-SCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Baby Signs - Infantile	0005.461	0-12 mos	Jennifer Duncan	Tues	10-10:45 am	\$49 / \$60
Baby Signs - Toddler	0005.463	13 mos-3	Jennifer Duncan	Tues	11-11:45 am	\$49 / \$60
Diaper Daredevils (Tumbling)	0080.461	Walking-3	Jen Jensen	Fri	10-10:45 am	\$60 / \$74
Mom (or Dad) & Me	0001.461	1-3	Roxanne Knight	Mon	10-11 am	\$40 / \$50
Pee Wee Sports (Sept 25-Dec 4)	0098.468	3-5	Staff Coaches	Tues	3-3:50 pm	\$44 / \$55
Ballet	0110.462	3-5	Marla Navarette	Mon	4-4:30 pm	\$36 / \$42*
Ballet	0110.461	3-5	Marla Navarette	Mon	4:40-5:10 pm	\$36 / \$42*
Ballet & Tap	0110.463	3-5	Marla Navarette	Tues	4:30-5 pm	\$36 / \$42*
Folklorico Mexicano	0140.462	3-5	Y. Chacón-Beniquez	Sat	9:30-10 am	\$36 / \$42*
Hip Hop	0200.461	3-5	Marla Navarette	Thurs	4:30-5 pm	\$36 / \$42*
Karate	0030.461	3-5	Jessica Hickman	Tues	3:15-3:45 pm	\$25 / \$30
Mini Basketball (Sept 26-Dec. 5)	0098.463	3-5	Staff Coaches	Wed	3:30-4:15 pm	\$42 / \$53
Mini Soccer (Sept. 27 - Dec. 6)	0098.462	3-5	Monica Frazer	Thurs	3:15-4 pm	\$42 / \$53
Super Tots (Tumbling)	0080.462	3-5	Jen Jensen	Fri	11-11:45 am	\$60 / \$74
Super Tots (Tumbling)	0080.464	3-5	Jen Jensen	Fri	4-4:45 pm	\$60 / \$74
Tiny Tots	0090.461	3-5	Staff	Tue/Thurs	9-11:50 am	\$120 / \$150
Tiny Tots	0090.463	3-5	Staff	Wed/Fri	9-11:50 am	\$120 / \$150

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Artistic Adventures	3180.465	6-12	Ruben Gonzales	Wed	5-5:50 pm	\$44 / \$55
Ballooning (Begin. Workshop)	3020.461	13+	Leo Cruz	Sat, Oct 6	10 am-12 pm	\$42 / \$51*
Ballooning (Adv. Begin. Wksp)	3030.463	13+	Leo Cruz	Sat, Nov 3	10 am-12 pm	\$54 / \$66*
Calligraphy In One Day	3195.463	10+	T. Cannatello	Sat, Sept 22	11 am-1 pm	\$34 / \$42*
Drawing in Pencil & Pastel	3080.463	6-12	Ruben Gonzales	Wed	4-4:50 pm	\$42 / \$53*
Knitting 101	3160.465	8-12	Betsy Peña	Tues	5:30-6:30 pm	\$46 / \$56*

*Additional materials fee for the course.

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Adult Tap Dance	1260.462	16+	Christine Schroeder	Monday	7-7:50 pm	\$30 / \$36 *
Ballet & Tap	1230.461	5-9	Marla Navarette	Tues	5:10-5:55 pm	\$42 / \$51*
Folklórico Mexicano (Beg. Level 1)	1245.463	6+	Y. Chacón-Beniquez	Sat	11-11:50 am	\$42 / \$51*
Folklórico Mexicano (Beg. Level 2)	1245.462	18+	Y. Chacón-Beniquez	Sat	10-10:50 am	\$42 / \$51*
Folklórico Mexicano (Emerging)	1245.461	11-20	Y. Chacón-Beniquez	Sat	1-1:50 pm	\$42 / \$51*
Folklórico Mexicano (Inter. 1)	1250.463	7+	Y. Chacón-Beniquez	Sat	2-2:50 pm	\$42 / \$51*
Folklórico Mexicano (Inter. 2)	1250.462	7+	Y. Chacón-Beniquez	Sat	12-12:50 pm	\$42 / \$51*
Folklórico Mexicano (Adv.)	1255.461	8+	Y. Chacón-Beniquez	Thurs	6-6:50 pm	\$42 / \$51*
Folklórico Mexicano (Dance Tech)	1260.461	11-20	Y. Chacón-Beniquez	Sat	3-3:50 pm	\$42 / \$51*
Hip Hop Dance	1365.462	6-13	Marla Navarette	Thurs	5:10-5:55 pm	\$42 / \$51*

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Drumming - Beginners	1550.465	7-10	Chris Orozco	Mon	5-6 pm	\$38 / \$46
Drumming - Beginners	1550.467	11 - 15	Chris Orozco	Mon	6:15-7:15 pm	\$38 / \$46
Harmonica Workshop	1575.465	10+	Harmonica John	Sat., Sept 29	10-12 am	\$42 / \$51
Mariachi / Rondalla	2158.465	10+	Robert Ojeda	Wed	5:15-6:05 pm	\$53 / \$64*

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Aikido	4488.462	6+	Sensei Lee	Tues	6-7 pm	\$48 / \$59*
Basketball 101	4318.461	8-10	Corey Smith	Thurs	4:15-5:05 pm	\$36 / \$45
Capoeira Mandinga-Sept	4450.363	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Oct	4450.461	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Nov	4450.462	16+	Paulo Batuta	Mon	6:30-8 pm	\$23 Mo/\$10 Day
Capoeira Mandinga-Dec	4450.463	16+	Paulo Batuta	Mon	6:30-8 pm	\$17 Mo/\$10 Day
Cardio Abs (Woman's Club)	4260.463	18+	Jessica Hickman	Tues	6-6:50 pm	\$18 / \$21
CV Karate Club - Interm.	4315.461	5+	Jessica Hickman	Tues	5-5:50 pm	\$30 / \$37
CV Karate Club - Beg.	4310.461	5-11	Jessica Hickman	Tues	4-4:50 pm	\$30 / \$37
Hip To Be Fit (Sept. 26 - Dec. 5)	9055.465	6-14	Shawna Cloud	Wed	4:30-5:30 pm	FREE
Kajukenbo Karate - Sept	4430.363	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Oct	4430.461	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Nov	4430.462	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$56 / \$69
Kajukenbo Karate - Dec	4430.463	7+	Vincent Gadiano	Mon/Wed	7-8:15 pm	\$42 / \$51
Kung Fu Fit (Sept. 24 - Dec. 3)	9055.468	6-14	Mohammed Farha	Mon	4:30-5:30 pm	FREE
Mixed Martial Arts	4550.461	15+	Sensei Lee	Sun	1-3 pm	\$59 / \$74
RetroFit (Sept. 25 - Dec. 4)	9055.463	6-14	Corey Smith	Tues	4:30-5:30 pm	FREE
Strength/Step Aerobics - Sept	4320.363	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Oct	4320.461	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Nov	4320.462	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$25 Mo/\$5 Day
Strength/Step Aerobics - Dec	4320.463	18+	Nancy Kelsey	Mon/Thurs	5:30-6:30 pm	\$18 Mo/\$5 Day
Turbo Kick - Woman's Club - Sept	4114.363	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Oct	4114.461	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Nov	4114.462	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$25 Mo/\$5 Day
Turbo Kick - Woman's Club - Dec	4114.463	18+	Gladys Ramos	Mon/Wed	5:15-6:15 pm	\$18 Mo/\$5 Day
Yoga - Lunch Hour - Sept	4112.363	18+	Yolanda Rodriguez	M/W/ Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Oct	4112.461	18+	Yolanda Rodriguez	M/W/ Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Nov	4112.462	18+	Yolanda Rodriguez	M/W/Th	12-12:50 pm	\$42 Mo/\$5 Day
Yoga - Lunch Hour - Dec	4112.463	18+	Yolanda Rodriguez	M/W/Th	12-12:50 pm	\$32 Mo/\$5 Day

*Additional materials fee for the course.

Salt Creek

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec

Steve Scott, Recreation Supervisor III • Heidi Sorour, Recreation Supervisor I • 2710 Otay Lakes Road (619) 585-5739
Monday - Friday: 8 am - 8:45 pm • Saturday: 8 am - 3:45 pm • Sunday: Closed

Foggy Mountain Harvest Folk Band

Join the Salt Creek Center and the Foggy Mountain Harvest Folk Band on the beautiful patio. Kick back, relax, dance and enjoy the music! Free!
Sept 7 from 6 - 8:30 pm

Parents' Night Out Ages 6-14

Parents can have a night out while the kids are occupied with dinner, crafts, movies, and indoor/outdoor games. Children must be dropped off and picked up. Fee: \$10 per child

#9000.431 October 26 6 - 9 pm
#9000.432 November 16 6 - 9 pm
#9000.433 December 14 6 - 9 pm

Tournament Fridays

Come join the competition and fun when we play Simon Says, pool, Monopoly, foosball, bumper pool, Dominos, air hockey, ping-pong, and more. Free!

Fridays 3:30 - 5 pm

Story Time

The Eastlake Branch Library hosts Story Time. Free!
Tuesdays, starting July 10 from 11 am - 12 pm.

Salt Creek Fall Camp Ages 6-14

Field trips, staff directed indoor and outdoor games, arts & craft projects and movies will be offered to all participants in camp. Please bring a jacket, a snack, plenty of water and a brown bag lunch daily as we blast into camp. Camp T-shirt is included with weekly fee and will be distributed prior to field trip day.

Fall Camp extended care available:

AM extended day \$10 per child per week
#9201.430 7 - 9 am
PM extended day \$10 per child per week
#9201.431 4 - 6 pm

Become a Junior Counselor Ages 12-14

Gain valuable experience working within the recreation field and assist with daily activities and field trips. Space is limited. Fee: \$75 per week
#9202.4332

Gobble Trot Obstacle Course Ages 6-14

Gobble your way into the Thanksgiving holiday by participating in our obstacle challenge in the gym. Free!
#9044.433 Saturday, November 17 12 - 2 pm

Halloween Crafts / Costume Contest Ages 6-14

Create your very own treat bag. Costume judging begins at 6:00 pm sharp Prizes! Free!
#9044.435 Wednesday, October 31 5 - 6:30 pm

Family Snowball Dodge Ball Party Ages 6+

Spend the evening playing dodge ball with family and friends. Prizes! Free!
#9044.436 Friday, December 21 6 - 9 pm

10-week classes run September 24 - December 10 unless noted.
No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

FALL CAMPS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
September 17-21	9200.430	6-14	Staff	Mon-Fri	9 am-4 pm	\$130 / \$165*
September 24-28	9200.431	6-14	Staff	Mon-Fri	9 am-4 pm	\$130 / \$165*
October 1-5	9200.432	6-14	Staff	Mon-Fri	9 am - 4 pm	\$130 / \$165*

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	0110.433	3-5	Carla Perez & Staff	Tues	5:45-6:15 pm	\$36 / \$44*
Creative Ballet	0502.431	2.5-5	Elizabeth Larson	Mon	9-9:50 am	\$40 / \$50*
Hip Hop	0200.433	3-5	Carla Perez & Staff	Tues	6:15-6:45 pm	\$36 / \$44*
Tap/Jazz Combo/Broadway Kids	0503.431	2.5-4	Elizabeth Larson	Mon	10-10:50 am	\$40 / \$50*
Tap/Jazz Combo/Broadway Kids	0503.432	2.5-4	Elizabeth Larson	Sat	10:30-11:20 am	\$40 / \$50*
Tiny Tots	0090.433	3-5	Barbara Magallanes	Tue/Thurs	9-11:50 am	\$120 / \$150*
Tiny Tots	0090.434	3-5	Barbara Magallanes	Wed/Fri	9-11:50 am	\$120 / \$150*

DANCE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Ballet	1230.435	6+	Carla Perez & Staff	Tues	5-5:45 pm	\$42 / \$51*
Creative Ballet	2500.431	4-6	Elizabeth Larson	Tues	4:15-5:05 pm	\$40 / \$50*
Creative Ballet	2500.432	4-6	Elizabeth Larson	Sat	11:30 am-12:20 pm	\$40 / \$50*
Creative Ballet	2500.433	6+	Elizabeth Larson	Tues	5:15-6 pm	\$40 / \$50*
Creative Ballet	2500.434	6+	Elizabeth Larson	Thurs	5-6 pm	\$40 / \$50*
Hip Hop	1365.433	6+	Carla Perez & Staff	Tues	6:45-7:30 pm	\$42 / \$51*
Hip Hop & Step Exercise	1490.431	12+	Angelica Jurado	Mon	4-4:50 pm	\$27 / \$34*
Hula	2501.131	5+	Ivanna Corona	Thurs	4-4:50 pm	\$40 / \$50*

*Additional materials fee for the course.

Turns and Leaps	1111.431	14+	Justin White	Tues	7-7:50pm	\$32 / \$40
Youth Belly Dancing (8 wks)	1454.431	6-18	Cecilia Martinez	Sat	2-2:50 pm	\$55 / \$69*
Adult Belly Dancing (8 wks)	1454.432	18+	Cecilia Martinez	Sat	3-3:50 pm	\$55 / \$69*
Belly Dancing (1 class)	1454.433	6+	Cecilia Martinez	Sat	See Above	\$8 / \$12*

PERFORMING ARTS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Mariachi/Rondalla	2158.430	12+	Robert Ojeda	Fri	6:30-7:20 pm	\$53 / \$64

CREATIVE	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Art Studio	3150.434	6-12	Frances Bordenave	Thurs	4-4:50 pm	\$45 / \$56
Paper Crafts & Scrapbooking	3750.431	12+	Gail Vought	Mon	7:30-8:50 pm	\$105 / \$131
Paper Crafts & Scrapbooking (2)	3750.432	12+	Gail Vought	Mon	7:30-8:50 pm	\$26 / \$34

ENRICHMENT	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Build Your Own Cook Book	3115.432	6-12	Amanda McCurdy	Mon	4:30-5:20 pm	\$45 / \$56

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Cheerleading Workshop	4595.433	to 14	Justin White	Wed	7:30-8:20 pm	\$33 / \$41
Golf - Beginning	4030.433	4-17	Barbara Rice	Fri	3:45-4:35 pm	\$180 / \$225*
Jiu-jitsu	4634.431	5-12	Ronnie Soriano	Tues	7-7:50 pm	\$32 / \$40
Jiu-jitsu	4634.432	13+	Ronnie Soriano	Tues	8-8:50 pm	\$32 / \$40
Judo - Beginning	4360.434	5+	Matt Ozaki/Staff	Wed	7-7:50 pm	\$28 / \$35*
Judo - Advanced	4365.434	5+	Matt Ozaki/Staff	Wed	8-8:50 pm	\$28 / \$35*
Karate-Do - Beginning	4320.433	5-11	Al Lopez	Tues	4-4:50 pm	\$35 / \$44*
Karate-Do - Beginning	4320.435	5-11	Al Lopez	Thurs	5-5:50 pm	\$35 / \$44*
Karate-Do - Intermediate	4320.432	12+	Al Lopez	Mon	5:30-6:20 pm	\$35 / \$44*
Karate-Do - Intermediate	4320.436	12+	Al Lopez	Thurs	6-6:50 pm	\$35 / \$44*
Power Yoga - Oct/Monthly	4330.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Oct/Daily	4331.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Nov/Monthly	4332.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Nov/Daily	4333.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Dec/Monthly	4334.433	18+	Scott Sutherland	Wed	8:15-9 am	\$35 / \$44
Power Yoga - Dec/Daily	4335.433	18+	Scott Sutherland	Wed	8:15-9 am	\$9 / \$12
Power Yoga - Oct/Monthly	4330.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Oct/Daily	4331.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Power Yoga - Nov/Monthly	4332.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Nov/Daily	4333.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Power Yoga - Dec/Monthly	4334.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$35 / \$44
Power Yoga - Dec/Daily	4335.439	18+	Scott Sutherland	Fri	8-8:45 pm	\$9 / \$12
Rhythmic Gymnastics (female)	6140.430	6-8	Alla Zubkis	Wed	4-5 pm	\$70 / \$88*
Rhythmic Gymnastics (female)	6140.434	9+	Alla Zubkis	Wed	5-6 pm	\$70 / \$88*
Shito-Ryu Karate	4330.430	5+	Julio Martinez	Wed	4:30-5:20 pm	\$45 / \$56*
Shito-Ryu Karate	4330.434	5+	Julio Martinez	Wed	5:30-6:20 pm	\$45 / \$56*
Shito-Ryu Karate	4330.437	5+	Julio Martinez	Sat	9:30-10:20 am	\$45 / \$56*
Table Tennis/Ping Pong	4147.434	to 8	Barney Reed	Wed	4-4:50 pm	\$43 / \$54
Table Tennis/Ping Pong	4147.435	9+	Barney Reed	Wed	5-5:50 pm	\$43 / \$54
Yoga	4112.432	18+	Yolanda Rodriguez	Mon	9-10 am	\$30 / \$37*
Yoga	4112.434	18+	Yolanda Rodriguez	Wed	9-10 am	\$30 / \$37*
Yoga (1 Class)	4114.434	18+	Yolanda Rodriguez	Mon/Wed	9-10 am	\$5 / \$7*
Adult Beginning Tennis (8 wks)	5569.433	18+	Juan Villanueva	Wed	9-9:50 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.430	18+	Juan Villanueva	Tues	7-8 pm	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.434	18+	Juan Villanueva	Wed	11-12 pm	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.435	18+	Juan Villanueva	Wed	10-10:50 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.432	18+	Juan Villanueva	Sat	9:30-10:30 am	\$96 / \$119*
Adult Tennis Lessons (8 wks)	4565.433	18+	Juan Villanueva	Sat	10:30-11:30 am	\$96 / \$119*
Fall Tennis Camp (9/17-9/21)	5561.433	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
Fall Tennis Camp (9/24-9/28)	5561.434	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
Fall Tennis Camp (10/1-10/5)	5561.435	7-15	Juan Villanueva	Mon-Fri	9 am - 12 pm	\$115 / \$144
High Perform. Team (8 wks)	4590.430	5-12	Juan Villanueva	Tues	6-7 pm	\$96 / \$119*
High Perform. Team (8 wks)	4590.431	8-16	Juan Villanueva	Wed	6-7 pm	\$96 / \$119*

*Additional materials fee for the course.

Veterans

PARK AND RECREATION CENTER

www.chulavistaca.gov/rec



Anthony Ramos, Recreation Supervisor III • Joanne Stout, Recreation Supervisor I • 785 E. Palomar (619) 691-5260
Monday - Friday: 9 am - 12 pm, then 2 - 9 pm • Saturday & Sunday: 12 - 4 pm

SHARK ★ Ages 5-10

(Start Healthy, Active Recreation for Kids) SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Free!

#9900.411

Monday/Wednesday, 4 - 5 pm

Kids' Night Out - Back to School Party Ages 5-12

Parents can have the night out, while the kids participate in a variety of activities. Fee: \$10 Resident / \$15 Non-Resident

#2155.311 Sept 14 6 - 10 pm

Family Fun Night

Drop by and enjoy bingo night with the entire family!
September 5 6:30 - 7:30 pm

Movies in the Moonlight

Pack your dinner and enjoy it with your family while watching a G or PG movie. Free!

September 28 7 pm

Flashlight Candy Hunt Ages 2-12

Get ready for our 3rd Annual Flashlight Candy Hunt! Participants can hunt for sweet treasures in two age divisions: 2-5 years and 6-12 years. The entire family can enjoy treats, prizes, crafts, and a costume contest. Remember to bring your flashlight, a bag for your treats, and wear your favorite costume. Pre-registration required. Fee: \$5 Resident / \$7 Non-Resident

#9930.411

October 27 5:30 - 7:30 pm

Turkey Hunt Ages 6-12

The Veterans Park Turkeys' are missing? Join us as we search Veterans Park for clues to where the turkeys are. This event will include: crafts, treats, prizes and a scavenger hunt throughout the park. Pre-Registration required.

Fee: \$5 Resident / \$7 Non-Resident

#9930.412 November 16 4 pm

Story Time

Join the City of Chula Vista Library at the Veterans Park Recreation Center for Drop Everything and Read (D.E.A.R.) Join us and give your child the gift of reading. FREE!

Fridays, September 28 - December 7, 10:30 - 11 am
(no Story Time on November 23)

10-week classes run September 24 - December 10 unless noted.

No classes November 12 (Veterans Day) and November 19-25 (Thanksgiving).

For class and program descriptions, turn to page 26

PRESCHOOL	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Family Karate	0030.413	3-5	Gary Amen	Sat	11:15-11:45 am	\$40 / \$50
Family Karate (up to 3 family members)	0030.414	3+	Gary Amen	Sat	11:15-11:45 am	\$5 / \$7
Family Music (2 children, 9/25-10/23)	0080.411	1-4 yrs.	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Family Music (2 children, 10/30-12/4)	0080.412	1-4	Merja Soria	Tues	5:15-5:55 pm	\$95 / \$113
Infantile Education in Japanese	0333.411	3	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.412	4	Yasuko Murakami	Sat	9 am-12 pm	\$131 / \$163
Infantile Education in Japanese	0333.413	5-6	Yasuko Murakami	Sat	12:30-3:30 pm	\$131 / \$163
Kindergarten Prep for Success (9/24-10/22)	0180.411	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Kindergarten Prep for Success (10/29-12/10)	0180.412	3.5-5	Kristin Guardado	Mon	3-3:45 pm	\$47 / \$58*
Little Hands	0020.411	1.6-3	Staff	Mon	10-10:30 am	\$39 / \$49
Little Hands	0020.412	1.6-3	Staff	Wed	3:30-4 pm	\$39 / \$49
Little Hands	0025.411	3-5	Staff	Mon	10:45-11:15 am	\$39 / \$49
Little Sports of All Sorts (9/28-10/26)	0330.413	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0330.414	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sports of All Sorts (9/28-10/26)	0335.413	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Little Sports of All Sorts (10/30-12/4)	0335.414	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0330.411	2-3	Staff	Tues	4-4:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0330.412	2-3	Staff	Fri	4-4:45 pm	\$25 / \$30
Little Sticks (9/25-10/23)	0335.411	4-5	Staff	Tues	5-5:45 pm	\$25 / \$30
Little Sticks (11/2-12/7)	0335.412	4-5	Staff	Fri	5-5:45 pm	\$25 / \$30
Music for Parent & Me (9/25-10/23)	0088.411	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.412	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and Me (9/25-10/23)	0088.413	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.414	1-2.5	Merja Soria	Tues	9:30-10:10 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.415	2.5-4	Merja Soria	Tues	10:15-10:55 am	\$66 / \$81
Music for Parent and me (10/30-12/4)	0088.416	2.5-4	Merja Soria	Tues	4:30-5:10 pm	\$66 / \$81

*Additional materials fee for the course.

Preschool Ballet and Tap	0110.411	3-5	Carla Perez/Staff	Mon	5-5:30 pm	\$36 / \$44
Preschool Ballet Folklorico	0210.411	1-5	Martha Sanchez	Wed	4:15-4:45 pm	\$40 / \$49*
Preschool Gymnastics	0010.411	3-5	Staff	Wed	10-10:45 am	\$50 / \$63
Preschool Gymnastics	0010.412	3-5	Staff	Wed	11-11:45 am	\$50 / \$63
Preschool Gymnastics	0010.413	3-5	Staff	Wed	5-5:45 pm	\$50 / \$63
Preschool Hip Hop	1920.311	3-5	Carla Perez/Staff	Tues	4:30-5 pm	\$36 / \$44
Preschool Karate	0030.411	3-5	Gary Amen	Thurs	4:15-4:45 pm	\$38 / \$46
Preschool Karate	0030.412	3-5	Gary Amen	Sat	10:45-11:15 am	\$38 / \$46
Preschool Kung Fu	0095.411	3-5	Ivan Lee	Wed	10:15-11 am	\$44 / \$51
Tiny Tots	0090.411	3-5	Staff	Tue/Thur	9-11:50 am	\$120 / \$150
Tiny Tots	0090.412	3-5	Staff	Wed/Fri	9-11:50 am	\$120 / \$150
Wiggly Worms	0220.411	1.6-3	Staff	Thurs	11:15 am-12 pm	\$56 / \$70

DANCE	Code #	Ages	Instructor	Day	Time	Fee
Ballet and Tap	1230.411	5-12	Carla Perez/Staff	Mon	5:30-6:15 pm	\$42 / \$51
Ballet Folklorico - Xochitl	1245.411	6+	Martha Sanchez	Wed	5-5:45 pm	\$40 / \$49
Hip Hop 101	1265.411	6+	Carla Perez/Staff	Tues	5:45-6:30 pm	\$42 / \$51
Jazz/Modern	1900.411	6+	Carla Perez/Staff	Tues	5-5:45 pm	\$42 / \$51
Move-in-Line Prog Line Dancing - Beg	1510.411	13+	Bracken Ellis	Mon	6:30-7:30 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr	1510.412	13+	Bracken Ellis	Mon	7:30-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Intermediate	1510.413	13+	Bracken Ellis	Thurs	7-9 pm	\$36 / \$44
Move-in-Line Prog Line Dancing - Impr & Inter	1510.414	13+	Bracken Ellis	Mon Thurs	7:30-9 pm 7- 9 pm	\$66 / \$81
Salsa/Merengue - Beginners	1730.411	16+	Sarai Martin	Tues	7-7:50 pm	\$51 / \$63
Salsa/Merengue - Intermediate	1730.412	16+	Sarai Martin	Tues	8-8:50 pm	\$51 / \$63
Trad. Polynesian Dance - Beg & Inter	1100.411	5-12	Sandy Valenzuela	Wed	4:30-5:15 pm	\$22 / \$26
Trad. Polynesian Dance - Beg	1100.412	13+	Sandy Valenzuela	Wed	5:30-6:15 pm	\$22 / \$26
Trad. Polynesian Dance - Inter/Adv	1100.413	16+	Sandy Valenzuela	Wed	6:30-7:15 pm	\$22 / \$26

CREATIVE	Code	Ages	Instructor	Day	Time	Fee
3D Creative Art Space	3164.411	6+	Alena Batson	Mon	5-5:50 pm	\$66 / \$81*
Cartoon Toons	3168.411	8+	Alena Batson	Mon	6-6:50 pm	\$66 / \$81*
Colorful Creatures	3162.411	6+	Alena Batson	Mon	4-4:50 pm	\$66 / \$81*
Creative Collages	3010.411	5-8	Staff	Wed	4:30-5:15 pm	\$34 / \$43
Fine Arts Painting - starts 10/8, 6 wks	3155.411	9-16	L. Villasenor-Isabelle	Tues	5 - 6 pm	\$63 / \$77*
Drawing Studio - starts 10/8 for 6 weeks	3155.412	9-16	L. Villasenor-Isabelle	Tues	6:15-7:15 pm	\$63 / \$77*
Gingerbread House Workshop (Dec. 8)	3320.412	6-16	Donna Hlava	Sat	10 am-12 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 8)	3320.413	6-16	Donna Hlava	Sat	1-3 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 13)	3320.414	6-16	Donna Hlava	Thurs	4-6 pm	\$16 / \$19*
Gingerbread House Workshop (Dec. 17)	3320.415	6-16	Donna Hlava	Mon	4-6 pm	\$16 / \$19*
Holiday Crafts Workshop (Dec. 1)	3320.411	6-16	Donna Hlava	Sat	12:30-3 pm	\$16 / \$19*
Painting	3085.411	18+	Ofelia Alvarado	Tues	9 am-12pm	\$21 / \$26
Watercolors Class (Register w/ instructor)		18+	(CV Adult School)	Thurs	9 am-12 pm	FREE

ENRICHMENT	Code	Ages	Instructor	Day	Time	Fee
Basic Dog Obedience (9/25-10/23)	3600.411	18+	Sally Cunnigham	Tues	6-7:00 pm	\$71 / \$87
Holiday Cookies & Treats Wkshp (Dec 6)	3320.416	6-16	Donna Hlava	Thur	3:30-6 pm	\$16 / \$19*
Holiday Cookies and Treats Wkshp (Dec 19)	3320.417	6-16	Donna Hlava	Wed	3:30-6 pm	\$16 / \$19*
Make, Bake, and Take (6 weeks)	3310.411	5-12	Donna Hlava	Mon	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.412	5-12	Donna Hlava	Mon	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.413	5-12	Donna Hlava	Thurs	3:30-4:45 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.414	5-12	Donna Hlava	Thurs	5-6:15 pm	\$35 / \$43*
Make, Bake, and Take (6 weeks)	3310.415	5-12	Donna Hlava	Thurs	6:30-7:45 pm	\$35 / \$43*

*Additional materials fee for the course.

Olé Olé Spanish Class	3090.411	2-3	Connie Vera	Fri	3-4 pm	\$76 / \$94*
Olé Olé Spanish Class	3090.412	5+	Connie Vera	Fri	4-5 pm	\$76 / \$94*
Fall Treats Workshop (Nov 19)	3310.418	6-16	Donna Hlava	Mon	4-6:30 pm	\$16 / \$19*

FITNESS	Code	Ages	Instructor	Day	Time	Fee
A+ Female Self Defense	4113.411	16+	Ivan Lee	Wed/Fri	6 - 7 pm	\$66 / \$81
Aikido	4488.411	6-12	Ivan Lee	Fri	5:45-6:45 pm	\$46 / \$56
"Hoop It Up" Basketball Clinic	4318.411	8-13	Staff	Tues	6-7 pm	\$36 / \$44
Cardio Kids	4220.411	6-13	Staff	Mon	4-4:45 pm	\$39 / \$49
Cardio-Kickboxing - December (2 weeks) Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.413	18+	Gary Amen	Mon/Thurs/Sat		\$22 / \$26
Cardio-Kickboxing - November Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.412	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio-Kickboxing - October Mon & Thurs 6:15-7:15 pm, Sat 8:30-9:30 am	4680.411	18+	Gary Amen	Mon/Thur/Sat		\$34 / \$41
Cardio Salsa	4111.411	16+	Sarai Martin	Thurs	6 - 7 pm	\$51 / \$63
Feeling Fit Senior Exercise Program	4110.411	50+	Vicky Velasco	Tue/Thur	2-2:30 pm	FREE
Fighting Fit Mixed Martial Arts (12/1-12/15) Mon 6:15-7:15 pm, Sat 9:30-11:30 am	4680.416	18+	Gary Amen	Mon/Thur		\$26 / \$31
Fighting Fit Mixed Martial Arts - Nov Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.415	18+	Gary Amen	Mon/Thur		\$46 / \$56
Fighting Fit Mixed Martial Arts- October Mon. 6:15-7:15pm, Sat 9:30-11:30 am	4680.414	18+	Gary Amen	Mon/Thurs		\$46 / \$56
Golf Lessons for Kids	4030.311	6-12	Staff	Wed	4:30-5:30 pm	\$85 / \$107
Gymnastics I	4105.411	6-14	Staff	Wed	5:45-6:30 pm	\$50 / \$63
Pre-Natal Yoga - December (12/3-12/13)	4020.413	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$26 / \$31
Pre-Natal Yoga - November	4020.412	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Pre-Natal Yoga - October	4020.411	18+	B. Nunez-Rosas	Mon/Thur	10-11 am	\$51 / \$63
Recreational Tae Kwon Do Wed 6:30-7:30 pm, Fri 6-7 pm, Sat 12-1 pm	4831.411	5+	David Russell	Wed/Fri/Sat		\$22 / \$26
Six Pack Abs Fitness Boot Camp Dec (12/4-12/13)	4112.413	18+	Ivan Lee	Mon/Thur	9 - 10 am	\$31 / \$37
Six Pack Abs Fitness Boot Camp - Nov	4112.412	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Six Pack Abs Fitness Boot Camp - Oct	4112.411	18+	Ivan Lee	Mon/Thur	9-10 am	\$56 / \$69
Tang Soo Doo Karate Mon and Thurs 5:15-6:15pm, Sat 9:30-10:30am	4350.411	6+	Gary Amen	Mon/Thur/Sat		\$68 / \$84
Trataka Yoga - December (12/4-12/13)	4010.413	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$24 / \$29
Trataka Yoga - November	4010.412	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Trataka Yoga - October	4010.411	18+	Fernando Rosas	Tues/Thur	7-8 pm	\$42 / \$52
Zumba	4222.411	16+	Staff	Wed	7:30 - 8:30 pm	\$36 / \$44

*Additional materials fee for the course.



Satellite Programs

VARIOUS PARKS

www.chulavistaca.gov/rec



Frank Carson, Recreation Supervisor III • (619) 691-5140

For class and program descriptions, turn to page 26

MARISOL PARK 916 Rancho Del Rey Parkway

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Preschool Tennis (Sept 27-Nov 1)	0140.487	3-5	Juan Villanueva	Thurs	9-9:45pm	\$80 / \$99*
Preschool Tennis (Sept 27-Nov 1)	0140.489	3-5	Juan Villanueva	Thurs	10-10:45pm	\$80 / \$99*
High Performance Tennis (Sept 24-Dec 3)	4590.481	5-12	Juan Villanueva	Mon	6:30-7:30 pm	\$96 / \$119*
Turkey Tennis Camp (Nov 22-24)	5568.480	7-15	Juan Villanueva	Thur/Fri/Sat	10 am-1 pm	\$81 / \$100*

MOUNTAIN HAWK PARK 1475 Lake Crest Drive

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Tai Chi in the Park (Sept 27-Dec 6)	4640.481	16+	Ivan Lee	Thurs	9-10 am	\$44 / \$54

PASEO DEL REY PARK 750 Paseo Del Rey

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Archery - Beg (Sept 29-Nov 17)	4230.481	8-17	Tara Robey	Sat	9-9:50 am	\$75 / \$90
Archery - Interm** (Sept 29-Nov 17)	4235.481	8-17	Tara Robey	Sat	10-10:50 am	\$75 / \$90
Archery - Adv** (Sept 29-Nov 17)	4240.482	13+	Tara Robey	Sat	11-11:50 am	\$75 / \$90

**Prerequisite: Successful completion of beginning course and instructor approval.

ROHR PARK 4548 Sweetwater Road, Parking Lot B

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Stroller Stepping (Sept 27 - Dec. 6)	5220.482	0-3	Jennifer Duncan	Thurs	10-11 am	\$49 / \$60
Bocci Ball Fit (Sept 25 - Dec. 6)	4484.484	40+	Walter Buguey	Tues/Thurs	9-11 am	FREE

TERRA NOVA PARK 450 Hidden Vista Drive

FITNESS	Code #	Ages	Instructor	Day	Time	Res / Non-Res
Afterschool Tennis (Aug 13-Sept 17)	5578.383	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Aug 14-Sept 11)	5578.387	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Oct 1-Oct 29)	5578.481	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Oct 2-Oct 30)	5578.485	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Nov 12-Dec 10)	5578.483	Grades 1-3	Randy Thomas	Mon	3:30-4:20 pm	\$51 / \$61*
Afterschool Tennis (Nov 13-Dec 11)	5578.487	Grades 4-6	Randy Thomas	Tues	3:30-4:20 pm	\$51 / \$61*
Group Tennis Lessons (Aug 13-Sept 17)	5563.387	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Aug 14-Sept 11)	5563.389	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 1-Oct 29)	5563.483	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 2-Oct 30)	5563.485	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Oct 2-Oct 30)	5563.484	Grades 7-9	Randy Thomas	Tues	5:30-6:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 12-Dec 10)	5563.487	Grades 1-3	Randy Thomas	Mon	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 13-Dec 11)	5563.489	Grades 4-6	Randy Thomas	Tues	4:30-5:20 pm	\$76 / \$86*
Group Tennis Lessons (Nov 13-Dec 11)	5563.486	Grades 7-9	Randy Thomas	Tues	5:30-6:20 pm	\$76 / \$86*

*Additional materials fee for the course.

Preschool Classes

DANCE

Morning Ballet

Ballet is the foundation of all styles of dance. This class will help your child develop flexibility, musicality, and coordination. The small class guarantees each child will get individual attention. (8 students max) (Montevalle)

Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis is on basic motor skills, creative movement and imagination. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Heritage, Loma Verde, Montevalle, Parkway, Salt Creek)

Ballet and Tap

Learn elementary techniques of ballet and tap to help develop motor skills and creative movement-- combined with imagination and FUN! This course also covers routines, rhythm, coordination and stretching. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Loma Verde, Montevalle, Parkway, Veterans)

Ballet Folklórico

Learn the basics of this graceful Folklórico dance. Class may have an optional outside performance at an extra cost. (Youth Center, Montevalle, Veterans)

Belly Dancing

Students learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarves and veils are required by the second class. (8 weeks) (Loma Verde)

Creative Ballet

This class encourages imagination while teaching fundamentals. Children get to dance with different props and act out different stories to fuel their imagination. There will be a certificate ceremony and dance recital at the last class meeting at Salt Creek. (Salt Creek)

Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span and the ability to express oneself through movement, music and fun. (Heritage)

Dance Combo

Tumbling, jazz, and ballet are combined to build coordination and rhythm in this fun environment. This class is an excellent complement to the preschool ballet and tap class. (8 students max) (Montevalle)

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic moves of hip hop. Class may have an optional outside performance at an extra cost. (Otay, Heritage, Loma Verde, Montevalle, Parkway, Salt Creek, Veterans)

Tap/Jazz Combo - Broadway Kids

This class focuses on theater dance, and the principals and fundamentals of jazz and tap techniques. There will be a certificate ceremony and dance recital at the last class meeting Salt Creek. (Salt Creek)

Folklórico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills. (Parkway)

PRESCHOOL

PRESCHOOL ENRICHMENT

Apples to Zebras

Make learning the ABCs fun through games, songs, arts and crafts. Each child will get an alphabet book to take home. (Otay, Loma Verde)

Baby Signs Infantile

Parents learn to sign before they need it to communicate with their families. Taught by an experienced baby signs instructor that helps develop long-term language acquisition. (Parkway)

Baby Signs Toddler

Parents and children learn communication techniques as a precursor to oral communication. This class helps develop a well-formulated vocabulary that will assist in the development of sentence structure. (Parkway)

Creative Hands

Come join your child in a class that will help inspire their imagination with hands-on fun. Children will make a variety of art projects, so dress for mess! Parent participation is required. Materials are included. (Otay, Monteville)

Family Music Class

(For families with two children.) Focus is on singing, movement, rhythmic activities, and ear training. We will practice soft and loud, high and low, up and down. Your children will improve their listening skills, timing and coordination while having fun! (5 weeks) (Veterans)

Infantile Education in Japanese

This program is based on the Japanese language and is taught in Japanese. Participants will learn Hiragana (Japanese) reading and writing, math, rhythmic exercises, musical education, and Japanese culture. (Veterans)

Kindergarten Prep for Success

This class is designed to help prepare children to be successful in kindergarten through modeling, direct instruction, and exposure to literary activities. Focus is on motor skill development, stories, and comprehension activities. Parents will learn how to prepare their child for school. Parent participation is required. \$3 materials fee is due to the instructor on the first day of class. (Veterans)

Learn & Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week, your child will bring home an item showing their accomplishments. Parent participation is encouraged. (Otay)

Little Hands

You and your child will love spending time exploring and creating in this fun, stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included. (Heritage, Veterans)

Little Picassos

A wonderful introduction to the arts! Children will learn basic painting techniques and colors. Dress for mess--and parents are welcome to join! A \$25 materials fee is due to the instructor on the first day of class. (Monteville)

Me, You, & Fun, Too!

Enjoy quality bonding time with your child, enjoying arts & crafts, stories, circle time, music and movement, and more. (Otay)

Mom (or Dad) & Me

This class develops socialization skills through exposure to other children. The activities will be geared toward parent/child interaction. Parents will also find this class to be a valuable way to share their child-rearing experiences with others. (Parkway)

Music for Parent & Me

This class will help your child enhance his/her social skills, coordination, listening, and motor skills. Participation in music activities also improves learning skills and memory. The music activities include ear training, rhythmic activities, singing, creative movement, rhythm instruments, and much more! This is a 5-week class. (Monteville, Veterans)

Sing, Sign, & Play (Mommy & Me Class)

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk. Help your child through those frustrating toddler years. Price includes materials. (Monteville)

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first steps away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting. (Loma Verde, Monteville, Parkway, Veterans, Salt Creek)

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Your child will be exposed to the ABCs and numbers. Enhance your child's social and motor skills! (Heritage)

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time. (Otay, Veterans)



PRESCHOOL FITNESS

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt and sports photo. Parents are encouraged to attend. Sports at Heritage will be soccer and basketball. (Otay, Heritage)

Diaper Daredevils

Parents and children explore gymnastics to develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympian. (Monteville, Parkway)

Family Karate

This new class will teach your child basic karate and self defense--and for an additional \$5 each, mom, dad, and/or older brother may take the class and learn some basic self defense techniques, too! (Up to 3 family members only.) (Monteville, Veterans)

Kreative Wonders

This class builds childrens' perceptual and locomotor skills, and self-esteem. Two 5-week sessions. (Heritage)

Little Dunkers

Learn the basics of dribbling, shooting, defense and passing. Emphasis is on coordination, participation and FUN! (Monteville)

Little Sticks Hockey

Learn the basics of hockey and teamwork. Emphasis is on coordination, participation, and fun! (Veterans)

Little Sports of All Sorts

Get fit and have fun as we introduce your little one to different sports. Each week, we will play a sport through a series of games and activities designed to ensure learning and FUN! All sports promote hand-eye coordination, motor skills, group participation, and communication skills. (Veterans)

Little SportStars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early--space is limited! (8 weeks) (Youth Center, Loma Verde)

Little QBs (Flag Football)

Learn the basics of throwing, kicking, blocking and running with a ball. Emphasis is on coordination, participation and FUN! (Monteville)

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and movements. Preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping. (Otay)

Mini Basketball

Learn the basics of basketball--including dribbling, shooting, and team play. (8 weeks) (Parkway)



Mini Soccer

Learn the basics of soccer--including dribbling, striking, and team play. This class is indoors, no cleats please. (8 weeks) (Parkway)

Parent & Tot Karate

Have fun learning the basics of karate with your little one. Moves include basic body movement and placement, as well as timing. (Loma Verde)

Pee Wee Sports

Your little one will enjoy this introduction to tee-ball, basketball, soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches. Indoors only. (8 weeks)

(Parkway)

Preschool Gymnastics

This class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling. (Loma Verde, Monteville, Veterans)

Preschool Karate

Learn the basics of karate, including basic body movement and placement as well as timing. Parent participation is encouraged. (Youth Center, Loma Verde, Monteville, Parkway, Veterans)

Preschool Kung Fu

Experience and learn the art of Kung Fu in a safe, positive environment. Students will develop discipline, confidence, respect, balance, and endurance. (Veterans)

Preschool Tennis

This introductory tennis class is taught in a fun atmosphere. Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills. This class is offered at Monteville and Marisol Parks. (Monteville, Satellite)

Stroller Stepping

Families socialize while they exercise! Call (619) 691-5140 for more information. Class meets in parking lot B of Rohr Park, 4548 Sweetwater Road. (Satellite)

Super Tots

Warm up, then circuit train on kid-size gymnastics equipment to develop skills, rhythm, strength and flexibility. Taught by a former Olympian. (Monteville, Parkway)

Super Tots II

This class is the second level to the Super Tots class. Taught by a former Olympian. (Monteville)



Dance

Adult Tap Dance

Have some toe-tappin' fun by learning basic steps through intermediate routines. Great cardio exercise, and a great class! Tap shoes are required at the second class meeting. (Parkway)

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching. Class may have an optional outside performance at an extra cost. (Otay, Youth Center, Heritage, Loma Verde, Monteville, Parkway, Salt Creek)

Ballet & Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time! Class may have an optional outside performance at an extra cost. (Youth Center, Monteville, Parkway, Veterans)

Ballet Folklórico

This fun, festive class teaches the basics of Folkloric dance. (Youth Center)

Ballet Folklórico-Xochitl

Instruction is offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in the class fee. (Veterans)

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance. There may be additional material fees. (Youth Center, Heritage, Loma Verde, Monteville, Salt Creek)

Creative Ballet

Teaching the fundamentals of ballet training, this class encourages imagination. Children get to dance with different props and act out different stories to fuel their imagination. There will be a certificate ceremony and dance recital at the last class at Salt Creek. (Salt Creek)

Dance Technique - Folklórico Mexicano

(Girls only.) Structured for intermediate abilities, this class includes skirt movements and stage presentations. (Parkway)

Flamenco

Come dance and have fun while learning the most renowned and beautiful of all Spanish dances. (Monteville)

Hawaiian Dance

Learn the show dances of Hawaii, New Zealand, and Tahiti. Students will learn the history and details of all three regional dances in each class, including Poi Balls from New Zealand and much more. (Youth Center)

Hip Hop

Want to learn basic hip hop or improve your dance skills? You'll dance to great music, meet new people and have a great time! Class may have an optional outside performance at an extra cost. (Youth Center, Loma Verde, Monteville, Parkway, Salt Creek)



Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. (Veterans)

Hip Hop & Step Exercise

Do you want to learn how to step? Or hip hop? Why not learn both! You'll have such a great time, you won't even realize you're getting a great workout at the same time! (Monteville, Salt Creek)

Hula

Learn hula footwork, hand motions, Hawaiian language, translations, & Hawaiian history. There will be a certificate ceremony and dance recital at the last class meeting at Salt Creek. (Salt Creek)

Intro to Hula

Hula with us! Students enjoy island music while learning the basic movements of hula dancing. (Heritage)

Jazz and Hip Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence--and have fun! (Heritage, Salt Creek)

Jazz/Modern

Enjoy learning a variety of different basic dance steps to light, upbeat music. Learn the terminology to different dance steps and eventually choreograph your own dance! Develop coordination, rhythm, and self-confidence to turn any movement into a creative dance technique. Let your imagination drive you! (Veterans)

Pointe Ballet Classes

This course will cover beginning/intermediate pointe work and includes bar and center floor. It will also include stretching exercises, terminology and combinations. Class may have an optional outside performance at an extra cost. (Monteville)

Move-in-Line Progressive Line Dancing

Join an exercise class with exciting choreography! There is a variety of musical selections that will keep you asking for more. Bring your friends and neighbors and join in on an activity that is fun and healthy for all ages. (Veterans)

Multicultural Dance

Experience the flavors of other cultures in a fun, versatile way of dancing in harmonious fusion with our American style. (Heritage)

Polynesian Dance

Beginners learn the basics of this graceful, exciting Polynesian dance. More challenging dances and routines will be introduced to intermediate and advanced students, as they learn how to prepare for public performances. Instructor's approval is required for all intermediate and advanced classes. (Loma Verde, Monteville)

**Salsa and Merengue**

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination, and come learn these passionate dances. You'll be ready to hit the dance clubs in no time. (Monteville, Veterans)

Tahitian Dance

Learn dances from the Island of Tahiti! Students enjoy island music while learning the basic movements and techniques of Tahitian dance. (Heritage)

Tap Dance

Learn elementary tap techniques to help develop motor learning skills. Emphasis on creative movement combined with imagination and FUN. Class may have an optional outside performance at an extra cost. (Monteville)

Traditional Dance - Folklórico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes. (Parkway)

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics". (Veterans)

Turns and Leaps

Are you willing to sacrifice tears & sweat to become an extreme dancer? This is an intermediate dance class. (Salt Creek)

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching. (Youth Center, Heritage, Salt Creek)

Youth Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees. (Heritage)

Youth to Adult Belly Dancing

The class will teach you to do beautiful arm movements, shimmies, and coordination, and isolations. Hip scarf's and veils required by second class. (8 weeks) (Loma Verde, Monteville)



PERFORMING ARTS

Performing Arts

Creative Art of Acting

Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more. (Otay, Monteville)

Drumming - Beginners

Learn the basics of percussion, taught by an accomplished drummer. No supplies necessary. (Parkway)

Guitar

This class teaches you to finger the guitar, read music, and learn chords and rhythms. Students must provide their own guitar. (Otay)



Harmonica Workshop

Learn to play the harmonica in a one-day workshop from a professional blues/jazz musician. Instructional materials and harmonica are provided -and students to keep them after the workshop! (Parkway)



Keyboard

Is your child the next Elton John? Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials. (Heritage)

Little Voices

Do you have a future "American Idol" in your house? This class teaches kids basic vocal techniques like breathing, phrasing, enunciation, etc. And singing helps develop confidence. Fee includes materials. (Heritage)

Mariachi / Rondalla

Learn the basics of singing and guitar in this introductory Mariachi performance class. It's great for beginners to Mariachi music and focuses on creating a solid foundation. No previous musical experience is necessary. Students must provide their own instruments. (Parkway, Salt Creek)



Class Descriptions

Fitness Classes

MARTIAL ARTS

Aikido

Developed from the ancient traditions and skills of the Japanese samurai, Aikido is characterized not only by its philosophy of nonviolence, but also by the nonviolent style of training: physical strength is kept to a minimum, while suppleness, dynamics, flexibility and inner strength are all promoted. (Parkway, Veterans)

Capoeira Mandinga

World-renowned instructor Paulo Batuta teaches Capoeira Mandinga. This martial art form from Brazil involves self-defense, physical strength, dance-like moves, musical instruments, acrobatics, and coordination. (Parkway)

Chula Vista Karate Club

This club offers training in the martial arts of karate in the Ryuei-Ryu discipline. Nationally recognized belts are awarded for those participants who successfully pass the necessary skills for each color. (Parkway)

Fighting Fit Mixed Martial Arts

Mixed Martial Arts class for all students includes boxing, kickboxing, karate, kung fu, and grappling. There will also be advance aerobic and anaerobic conditioning which includes running, jump rope, and strength training. This class will be held indoors and outdoors. (Veterans)

Jiu-jitsu

Get in great shape and learn self defense at the same time. (Salt Creek)

Judo

The ancient martial art of judo provides personal development through precise physical movements and discipline. Develop self defense techniques and strive to perfect individual character. Additional uniform and federation fees are associated with this program. (Youth Center, Salt Creek)

Kajukenbo Karate

Kajukenbo is a realistic approach to learning self defense. Improve balance, self confidence, and build a strong mind and body. (Monteville)

Karate 101

Entry level Karate is taught for students. (Monteville)

Karate-Do

Karate-Do is a great karate level course that teaches confidence, strength, self-control and fortitude. (Salt Creek)

Mixed Martial Arts & Fitness

Freestyle Martial Arts includes jiu-jitsu, muay thai, kung fu, chinese boxing, karate and unique total body weight training, plyometrics. (Heritage, Parkway)



Okinawa-Karate

Traditional Okinawan martial arts called Te and Chinese Kenpo were blended together and developed into karate. This is one of the oldest forms of karate/martial arts still practiced today in its traditional foundation.

(Youth Center, Loma Verde)

Qigong and Tai Chi Exercises

Maintain your body, mind, immune system and health. (Parkway)

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through a choreographed sequence of combative and defense movements, controlled sparring, and punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, and self-control. (Veterans)

Shito-Ryu Karate

Karate is a great way to stay in shape, relieve stress and gain confidence. (Heritage, Salt Creek)

Tae Kwon Do

During this twice a week class, participants gain long-term self defense skills, earning traditional Tae Kwon Do belts. Tae Kwon Do is the Korean form of karate. (monthly) (Youth Center)

Tai Chi in the Park

Calm your mind, lift your spirits, and strengthen your body through the basics of Chinese internal and martial arts. (Satellite)

Tang Soo Doo - Karate

"TANG SOO DOO" means the Korean classical martial art which was influenced by the Tang method of martial art. (Veterans)

Turbo Kickboxing

Turbo kickboxing is the hottest kickboxing class around!! You'll kick, punch, and groove the calories away in this action-packed, super fun, safe and effective cardiovascular workout. (Loma Verde)

PHYSICAL FITNESS

A+ Female Self Defense

Effective women's self defense--it's realistic, direct, and simple, using Wing Chuan, Muay Thai, Jiu-jitsu, and Chinese Boxing. (Salt Creek)

Abs, Thighs, and Buns

This class hits that hard-to-tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs. (Monteville)

Adaptive Fitness

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. (12 weeks) (Otay)

Adult Boot Camp

A little less intimidating, but equally as challenging as the real thing, this boot camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer! (Youth Center)

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation. (Heritage)

Capoeira Brasil

Capoeira is much more than a just a martial art - it is an art form in itself. With origins rooted in the African slave history of Brazil, it provides a unique cultural experience that is expressed in the physical and spiritual space of the roda. Combining elements of martial arts, dance, acrobatics, and music, Capoeira offers a fun, challenging, and meaningful way to achieve a healthier body and balanced mind. (Otay)

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching. Emphasis is on upper and lower abdominals. Participants need to bring a towel or mat. (Parkway)

Cardio Dance

This non-stop 50 minute workout has the best hip-hop, reggae and dance music. (Monteville)

Cardio Salsa

This fat burning all-cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning basic Latin dance moves. (Veterans)

Cardio Kickboxing

Kick it into high gear! You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kickboxing fundamentals--and you'll work on conditioning and building cardio-vascular and muscle strength. This class will be held indoors and outdoors. (Monteville, Veterans)

Cardio Kids

Kids will learn the importance of exercise and good eating habits for a healthy lifestyle. We will begin with a warm-up and light stretching, then get our hearts pumping with

20 minutes of cardio conditioning. We will then go on to build stronger bodies with safe and effective weight resistance exercises and proper stretching techniques. At the end of each class, participants will be given nutritional tips and a quote of the day to help promote a positive attitude to live by. (Veterans)



Feeling Fit Senior Exercise Program

Senior strength training, balance, and flexibility exercises are designed for all abilities. Register with instructor. (Veterans)

Morning Cardio Kickboxing

Get back into shape in an hour-long class that will help you to get a total body workout. (Take Cardio Kickboxing and Step

& Sculpt for \$31/month.) (Montevalle)

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes fitness center membership. (Otay)

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Register for the Otay Fitness Center classes at the Otay Recreation Center. Quarterly Memberships:

- | | |
|----------------------|----------------------|
| 1. Jan 1 - Mar. 31 | 2. April 1 - June 30 |
| 3. July 1 - Sept. 30 | 4. Oct 1 - Dec. 31 |

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer. (Parkway)

Power Yoga

This class combines the elements of strength, balance, composure and flexibility to provide a "sweaty, aerobic form of yoga." This process produces intense internal heat and profuse--purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind. (Salt Creek)

Prenatal Yoga

Prenatal yoga prepares moms to be physically and emotionally ready for childbirth by targeting specific body areas and muscles--gently stretching, toning and strengthening. Breathing techniques are used for relaxation and releasing stress. All participants need a doctor's clearance to participate. (Veterans)

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment along with free weights and fitness specialists on hand. Participation is by membership only. (Salt Creek)

Six Pack Abs Fitness Boot Camp

This is a unique whole body fat loss program. Includes body weight, circuit training, ply metrics, kickboxing, and stair running. Class will be held indoors and outdoors. (Veterans)

Step & Sculpt

This fun and high energy class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels. (Take Cardio Kickboxing and Step & Sculpt for \$31/month.) (Montevalle)

Stroller Stepping

Families socialize while they exercise! Call (619) 691-5140 for more information. Class meets in parking lot B of Rohr Park, 4548 Sweetwater Road. (Satellite)

Trataka Yoga

Lengthen and tone your muscles with this mat work class. Students will sculpt long, lean muscles, and improve overall flexibility. (Veterans)

Turbo Kick

Turbokick your way to excellent cardiovascular health! This beginner's Turbokick class offers an intensifying and challenging workout while learning proper punching and kicking techniques along with great form. For classes at the Woman's Club call (619) 691 - 5083 for more information. (Loma Verde, Parkway)

Yoga

Yoga builds a strong foundation for self assurance, clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements. (Montevalle, Salt Creek)

Yoga - Lunch Hour

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements. (Parkway)

Youth/Teen Fitness

The main goal of this 8-week program is to give youths of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of the Fitness Center. (Otay)

Zumba

Dance your way to a fitter you! Zumba is a fusion of Latin and international music creating a party-like atmosphere with routines featuring aerobics/fitness, with a combination of fast and slow movements. (Loma Verde, Veterans)

SPORTS

Adult Beginning Tennis

Beginning tennis for adults at Salt Creek Park. For more information, please call (619) 585-5739. (Salt Creek)

Adult Tennis Lessons

This adult course is offered at Montevalle Park. For more information, please call (619) 409-5875. (Montevalle)



After School Tennis Lessons

These classes are offered after school and are meant for the beginning tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants is allowed in the program. Call (619) 409-5875 for more information. All classes meet one day a week for five weeks. (Satellite, Monteville)

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Class will be held at Paseo Del Rey Park, 750 Paseo Del Rey. (Satellite)

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump toward advancement in organized team basketball. (Youth Center, Monteville, Parkway)

Bocci Ball Fit ★

Learn and play bocci ball--and make your way around Chula Vista's largest park. Meet next to Rohr Manor and Parking Lot B at Rohr Park. (Satellite)

Cheerleading Workshop

Learn the fundamentals of cheerleading, including simple cheers and stunts. (Salt Creek)

Emerging Athletes Program

This class is designed to provide an introduction to various sports. Basketball will be featured this session. (Heritage)

Fall Tennis Camp

Bring a racquet, three tennis balls, a snack and water (required). Taught by tennis pro Juan Villanueva. (Salt Creek)

GOAL Soccer Clinic

This program is designed to help children master basic and/or advanced soccer skills. Emphasis is placed on dribbling, feinting, shielding, passing, and shooting. All participants must have cleats, shin guards, and size 4 soccer ball (5-11 yrs old), or size 5 soccer ball (12 yrs old). (Heritage)

Golf - Beginning

Introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It's recommended that participants provide their own golf clubs but it is not required. (Salt Creek)

Golf Lessons for Kids

Specialized instruction covers all the fundamentals of the full swing while emphasizing the importance of chipping and putting, golf rules, and proper etiquette at the same time. The last class will be held at a local 9-hole Golf Course. The instructor is the men's and women's varsity golf coach at La Jolla High School. (Veterans)

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Call (619) 409-5875 for more information. Each session is for five weeks. (Monteville, Satellite)

Gymnastics I

Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age. (Loma Verde, Monteville, Veterans)

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbends from standing position, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbends from standing position, bridge kickovers, and pullovers on the bar. (Loma Verde, Monteville)

Boys Gymnastics (All Levels)

(See write-ups for Gymnastics I, II, III.) (Loma Verde)

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments. (Salt Creek, Satellite)

"Hoop It Up" Basketball Clinic

This program is for players to develop their skill and to gain a true love for the game. Ball handling techniques, passing, dribbling, shooting, teamwork, and basic concepts of team strategy are covered with emphasis on sportsmanship. (Veterans)

Intro to Sports

In this introduction to sports class students will have fun while learning how to play a variety of different sports. They will learn the basic skills, as well as how to play as a team. Fun will be had by all. Learn a new sport each week. (Monteville)

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace, elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment. The instructor is a former Russian Olympic coach and gymnast. Class content is changed each session. Clothing requirement: black leotard, black lycra pants and ballet shoes. (Salt Creek)

Table Tennis / Ping Pong

Parents must register and accompany child if child is under 8 years of age. (Salt Creek)

Turkey Tennis Camp

This tennis camp is during the Thanksgiving break on Thursday, Friday and Saturday. A can of three balls and a tennis racquet is required to participate. Taught by tennis pro Juan Villanueva at Marisol Park, 916 Rancho Del Rey Parkway. Call 691-5140 for more information. (Satellite)



Creative Classes

ARTS & CRAFTS

3D Creative Art Space

Independence and creativity abound in this class--designed for your young artist. Children will explore and create with varied media in an environment that encourages self-expression and artistic development. A \$20 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Adult Watercolor

Beginning and intermediate students. Basic supplies can be purchased in class or can be brought in from home. Chula Vista Adult School Class. Register with the instructor. FREE (Veterans)

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. (Salt Creek)

Art-Tastic

Students will learn drawing, painting, and so much more in this Art-Tastic class. Art supplies will be provided. (Youth Center)

Artistic Adventures

This class is for students who have an interest in art and would like to explore a variety of colorful, dry art materials such as charcoal, colored pencils, and pastels. Learn painting, sketching, blending and shading techniques. All materials are supplied. (Parkway)



Ballooning

The beginning class teaches the basics to using ballooning equipment. Participants will learn how to make four to five sculptures. The advanced beginning class teaches more complex sculptures and requires completion of the beginning course or instructor permission. Both classes require a \$10 material fee payable to the instructor on the first day of the course. (Parkway)

Calligraphy in One Day

Learn Calligraphy/Italic handwriting in one day by masters trained by art schools in New York City. Please bring \$15 cash to class for required materials. (Parkway)

Candle Making For Kids

This introductory course will teach your child a variety of methods for creating candles as well as custom votive/candle holders. Material fee of \$20 will be collected at the first class. (Monteville)



Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. (Montevalle)

Cartoon Toons

Looking for something for a young cartoonist? Create caricatures showing emotions, cartoon characters from animals and objects, design figures, show action in cartoons, learn how to make your characters cute or ugly, and master drawing monsters. A \$10 supply fee must be paid to the instructor at the beginning of the session. (Veterans)

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and a kiln are available. Students supply all other materials. (Loma Verde)



Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor. (8 weeks) (Montevalle)

Colorful Creatures

Meet colorful birds, fish, mammals, and amphibians--and make your own colorful animal-themed wearable art. Course covers seven possible media. The choice of media used depends upon the age and skill level of student. A \$10 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Creative Collages

Students will make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. (Veterans)

Drawing in Pencil & Pastel

Learn basic and advanced techniques of drawing portraits from photographs that students bring to class and other drawing features. Get an early start on Christmas presents! Bring a sketchbook to class, the rest of the materials are provided. (Parkway)

Drawing for Kids

Kids will develop a sense of observation in this beginning drawing class. (Heritage)

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor. (Montevalle)

"Drawing Studio"

Starts October 8. Students will learn drawing techniques as they are motivated by a professional artist to develop their own style. This course was designed to include a variety of materials (graphite pencil, charcoal, pastels, etc.) that will vary in each session throughout the year. \$35 materials fee is to be paid to instructor on the first day of class--includes all materials and one frame, frame styles may vary. (6 weeks) (Heritage, Veterans)

Gingerbread House Workshop

Decorate a beautiful home baked gingerbread house with over 40 toppings to choose from. There will be an additional supply fee of \$20 due to the instructor at the beginning of the workshop. (Veterans, Montevalle)

Fabric Fun

Develop and strengthen creative skills, build self esteem, develop a sense of self importance and individuality, encourage self expressions and stimulate imagination in children through the arts. A \$20 supply fee to be paid to the instructor at the beginning of the session. (Veterans)

Fall Crafts Workshop

Make decorations and gifts for the upcoming fall season. Come dressed to paint! \$20 supply fee due to the instructor on the first day of class. (Montevalle)



Fall Treats Workshop

Make some yummy desserts and treats for the upcoming holiday to share with family and friends. There will be an additional supply fee of \$20 due to the instructor at the beginning of the workshop. (Veterans, Monteville)

Fine Arts Painting

Starts October 8. With the direction and motivation of professional artist/art teacher, your child will create beautiful, ready-to-hang masterpieces. Teacher inspires students to bring out their hidden talent. Creates confidence, drive and the feeling of accomplishment. \$35 materials fee to be paid to instructor on the first day of class--includes all materials and one frame; frame styles may vary. (6 weeks) (Heritage, Veterans)

Holiday Crafts Workshop

Make decorations and gifts for the upcoming holidays. Come dressed to paint! Additional supplies fee of \$20 due to the instructor at the beginning of the workshop. (Monteville, Veterans)

Into to Clay

Learn the basic techniques in clay using a variety of methods. Materials fee of \$5 (children) and \$15 (adults) will be paid to instructor on the first day of class. (Heritage)

Knitting 101

Learn all of the basics of knitting, including everything necessary to begin and complete a project, as well as how to read patterns. An \$10 materials fee is required payable to the instructor on the first day of the class. (Parkway)

Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different mediums and styles and learn about color mixing, composition, and design. (Veterans)

Painting for Children

Your children will learn the basic and intermediate techniques in painting, and will have the opportunity to experience with different styles and develop their own. A materials fee of \$25 is to be paid to the instructor on the first day of class. 8 weeks. (Monteville)

Paper Crafts and Scrapbooking!

Learn techniques and ideas to complete cards, scrapbook pages and other paper crafts. Specific focus on embellishments and accessories. (Salt Creek)

Ready, Set, Knit, & Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more. (Heritage)

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through the instructor. (Heritage)

Scrapbooking for Kids!

Participants will assemble their very own scrapbook! This is a six week course, focusing on the completion of 12, 6x6 layouts. At the end of the session, participants will have completed one complete 6x6 scrapbook album. Participants must bring their own ACID-FREE adhesive to class or they can purchase it through the instructor. (Monteville)

Scrapbooking for Adults

The perfect scrapbooking workshop for all those adorable pictures! This is a workshop for beginner or intermediate scrapbookers. You will learn how to incorporate such three dimensional elements as: ribbon, brads, eyelets, and prisma glitter to your layouts. Additional coordinating materials can be purchased through the instructor. Participants must bring their own ACID-FREE adhesive and scissors. (5 weeks) (Monteville)

Totally Art!

Totally fun! Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess! (Heritage)



Enrichment Classes

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid. For more information, call (619) 691-5276. (Youth Center)

Build Your Own Cook Book

Enjoy hands-on, staff-directed cooking class where your Jr. Chef prepares healthy childhood favorites. (Salt Creek)

Dog Obedience

Owners and their leashed canine friends will learn basic training commands. All dogs must be current on shots and be at least four months old. (Monteville, Veterans)

Etiquette & Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards. (Heritage)

Holiday Cookies and Treats Workshop

Make some yummy desserts and treats for the upcoming holiday to share with family and friends. An additional supply fee of \$20 is due to the instructor at the beginning of the workshop. (Monteville, Veterans)

Little Chefs

Kids learn kitchen safety, basic nutrition, and how to make easy recipes themselves (with a little help from Mom or Dad.) (Loma Verde)

Make, Bake, and Take

Students learn the basic fundamentals of nutrition, table manners, and cooking. Prepare a variety of recipes, and come away with a recipe book of items they helped make. A supply fee of \$15 is due to the instructor the first day of class. (6 weeks) (Otay, Monteville, Veterans)

Olé Olé Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class. A take-home book is included. (Veterans)

Redirecting Children's Behavior

This very popular workshop has arrived in eastern Chula Vista. Participants to learn how to resolve conflicts without power struggles, understand and redirect your child's behavior and keep respect, stay connected while disciplining. Come receive 100+ parenting tools and learn to grow with other parents. Supply fee of \$10 due on the first day of class. (5 weeks) (Monteville)

Modeling 101

Teens will be introduced to the world of modeling, including runway, make-up artistry, poise, etiquette, personal development, and camera technique. Each student will get a binder with all the necessary information. Students will also get their own headshot photo. A materials fee of \$25 will be due to the instructor on the first day. (Monteville)

Modeling 102

This is a follow up to the 101 class. Teens will learn interview skills, polish their walking and posing techniques, as well as learn advanced makeup and etiquette. A materials fee of \$25 will be due to the instructor. (Monteville)



Norman Park

CENTER

www.chulavistaca.gov/rec

Kathy Wigginton, Recreation Supervisor III

270 F Street (619) 691-5086

• Monday - Wednesday: 8 am - 9 pm • Thursday: 8 am - 9:30 pm • Friday:
8 am - 4 pm • Saturday & Sunday: Closed

Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, world affairs, casual crafters, drawing, longevity stick, conversational Spanish, Chinese, AARP Driver Safety Program and bridge. Dancers, from beginners to advanced, will enjoy line, square, round and ballroom dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. For complete program information, visit www.chulavistaca.gov/rec or www.lifeoptionsouthbay.com and visit the Recreation Page.

Fitness Center

Norman Park has treadmills, elliptical trainers, stationary bikes, strength equipment, and weights. Some equipment is wheelchair accessible. Certified trainers staff the facility and will help you reach your fitness goals. Orientation required--by appointment only. Quarterly Membership: \$28 Resident / \$56 Non-resident. Hours: Mon/Wed/Fri 9 am-12:30 pm; Tues/Thurs 8-11:30 am; Mon-Thurs 5-7 pm & Sat 8:30-11 am
4100.471 October - December

Newcomer Orientation & Volunteer Opportunities

Newcomer orientation takes place on the first Thursday of each month at 11am. The Senior Program also has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Life Options Annex

www.lifeoptionsouthbay.com • (619) 691-9774

Hours: Mon/Tues/Thurs, 9 am-3 pm

People age 50+ can learn about how to get involved in the community, education, recreation, health, and employment possibilities. This "one stop shop" provides people nearing or in retirement with information and referrals. Get the most out of retirement!

Life Options Presents: Live Long, Live Well

This series of informational and entertaining programs designed to inspire and inform mature adults about the opportunities and challenges throughout life after 50. Presentations will be held at the Chula Vista Civic Library.

One Saturday/month, 10:30 am-12:30 pm

Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and holds personal medical information. It can conveniently be given to emergency medical personnel or taken to the doctor.

Adult Education (Sept 5 - Dec 21)

Southwestern College (SWC) Exercise Classes are ongoing.

- **Watercolors** (Free) Mon, 9 am
- **Exercise** (Free) Mon-Thurs, 8 am
- **Yoga** (Free) Fri, 8 am & Wed, 7:15 pm
- **Yoga** (\$25/semester) Thurs, 5 pm & 7:15 pm
- **Strength Training** Wed, 6 pm (\$1/class)
- **Home Safety For Older Adults (SWC)**

Learn ways to make your home safer and more secure. Free, registration required.

Mon, Sept 17 (English) 9:30 am-1:30 pm

Mon, Sept 24 (Spanish) 9:30 am-1:30 pm

Are You OK?

Promotes independent living by reassuring participants with a regularly-scheduled daily check up call.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, health insurance counseling and support. Staff is available to answer your questions from 10 - 11:30 am, Mon - Fri. Call (619) 691-5087.

Need help filling out your homeowners or renters rebate form?

Let our volunteers help you save money if you are 62 years old, blind or disabled and your household income is \$40,811 or less or under \$74,200 for two persons. Volunteers are available to assist you through October 15. Call 619-691-5086 for an appointment.

Senior Net Computer Learning Center

Learn basic computer skills including surfing the Internet, sending email and word processing--and more advanced classes that include the computer with digital cameras. Annual membership fee: \$40 (includes SeniorNet.org benefits) Fee: \$22 Resident / \$28 Nonresident

The Learning Center is always looking for volunteers!

Mark your calendar!

- Health Talk - Prostate Cancer: Monday, Sept 10 at 10 am
- Birthday Party: Thursday, Oct 25 at 1 pm
- CV Senior Club 46th Anniversary Party
Thursday, Nov 8 at 1pm (Purchase ticket in advance)
- Intergenerational Games (Register to Volunteer!)
Wednesday, Nov 14 from 9:30 am - 1 pm